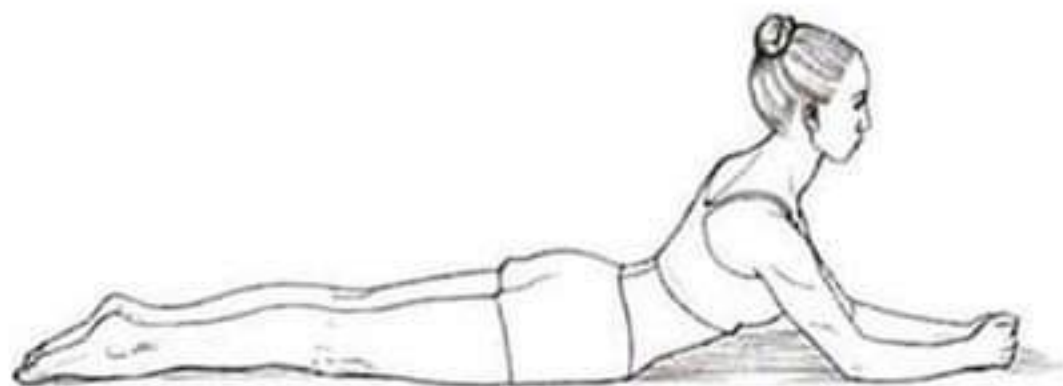
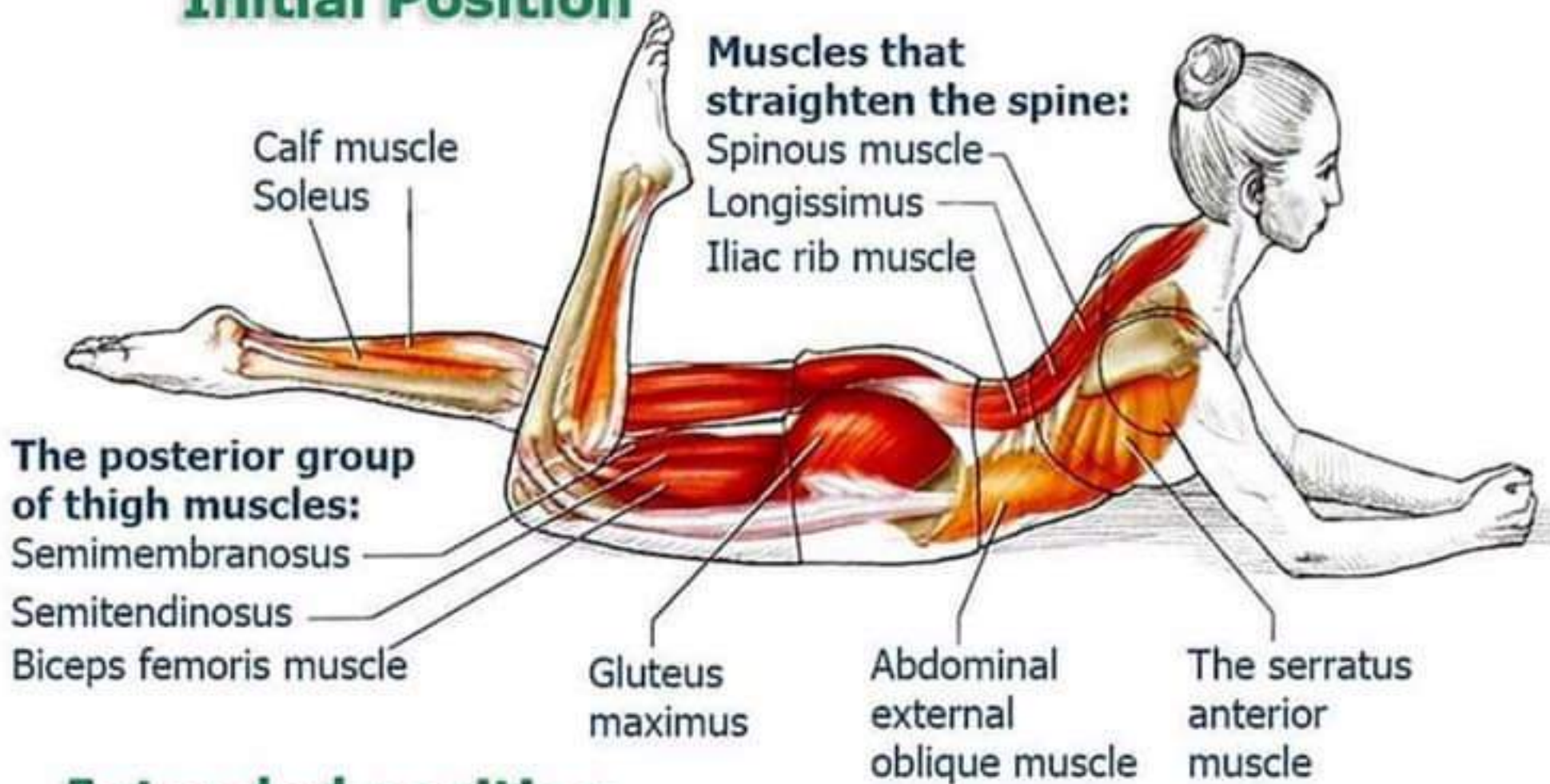




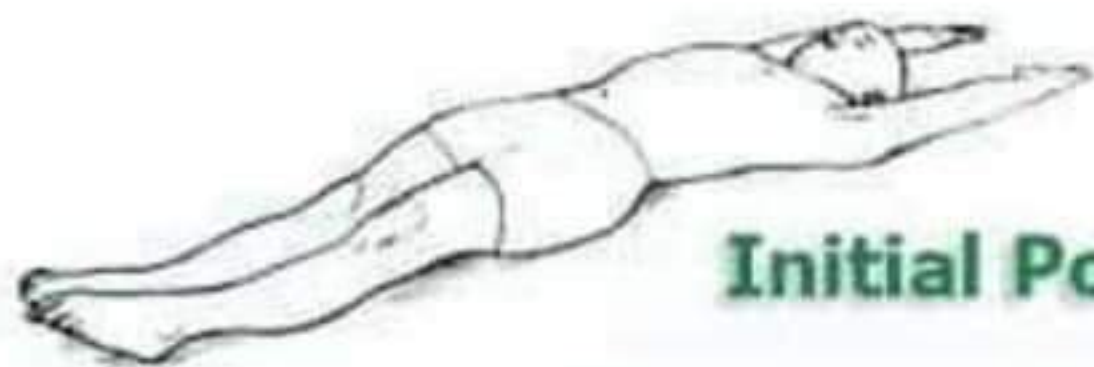
Initial Position



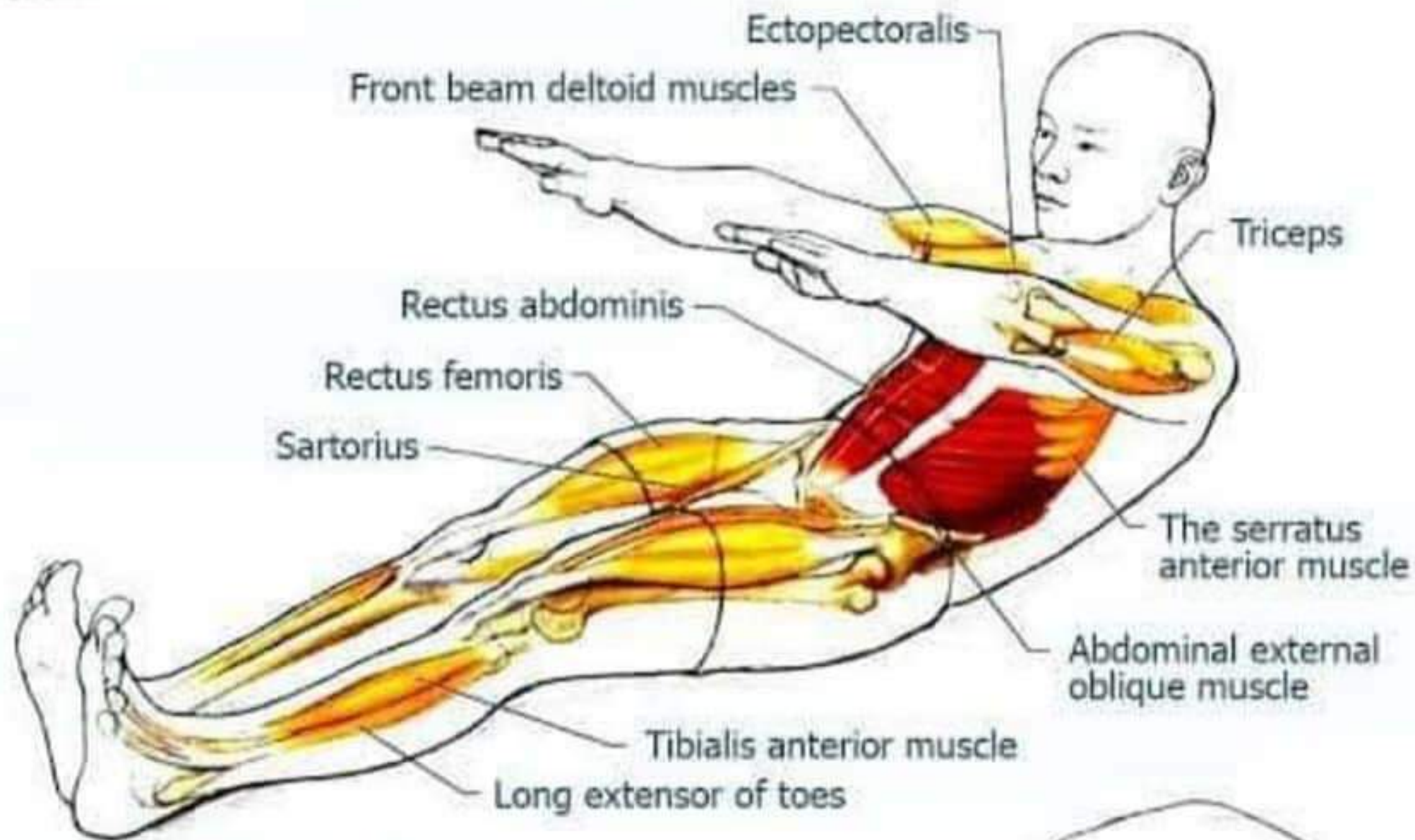
Intended position

Leg rotation





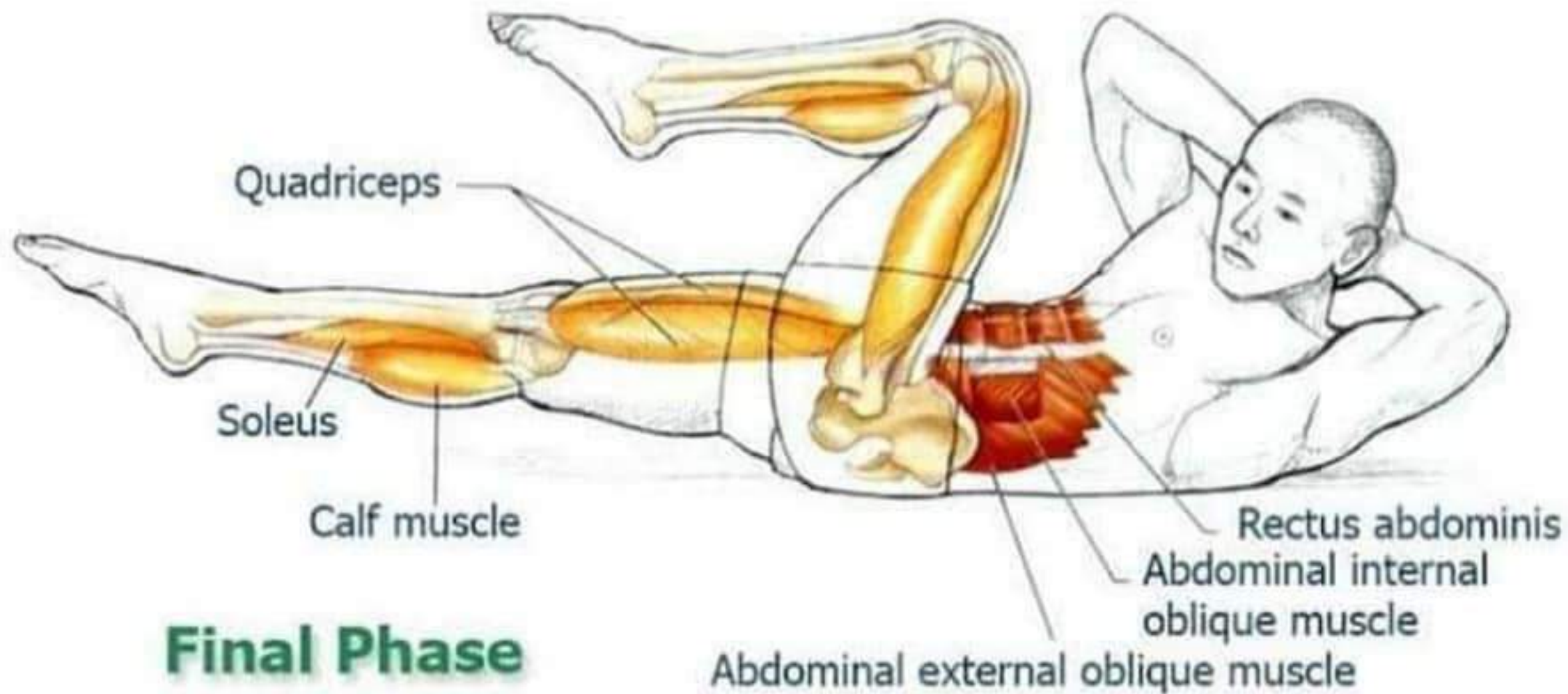
Initial Position

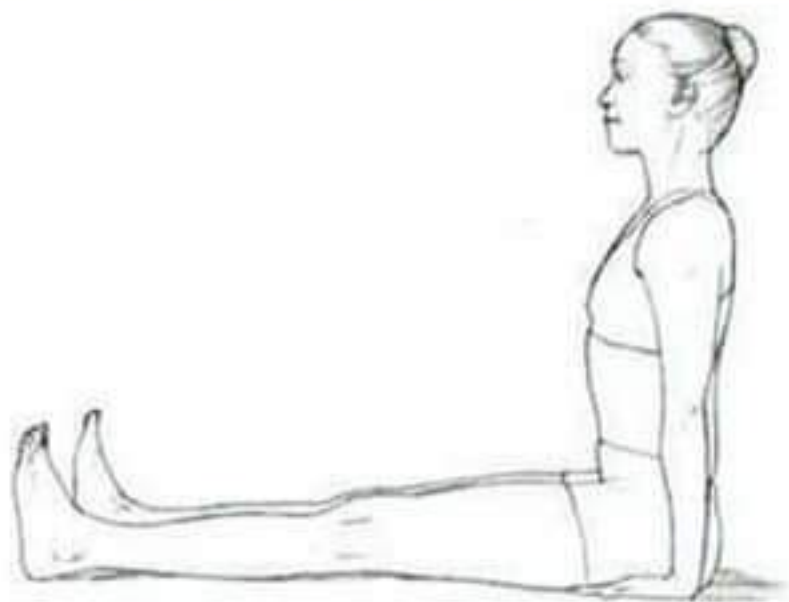


Phase 2

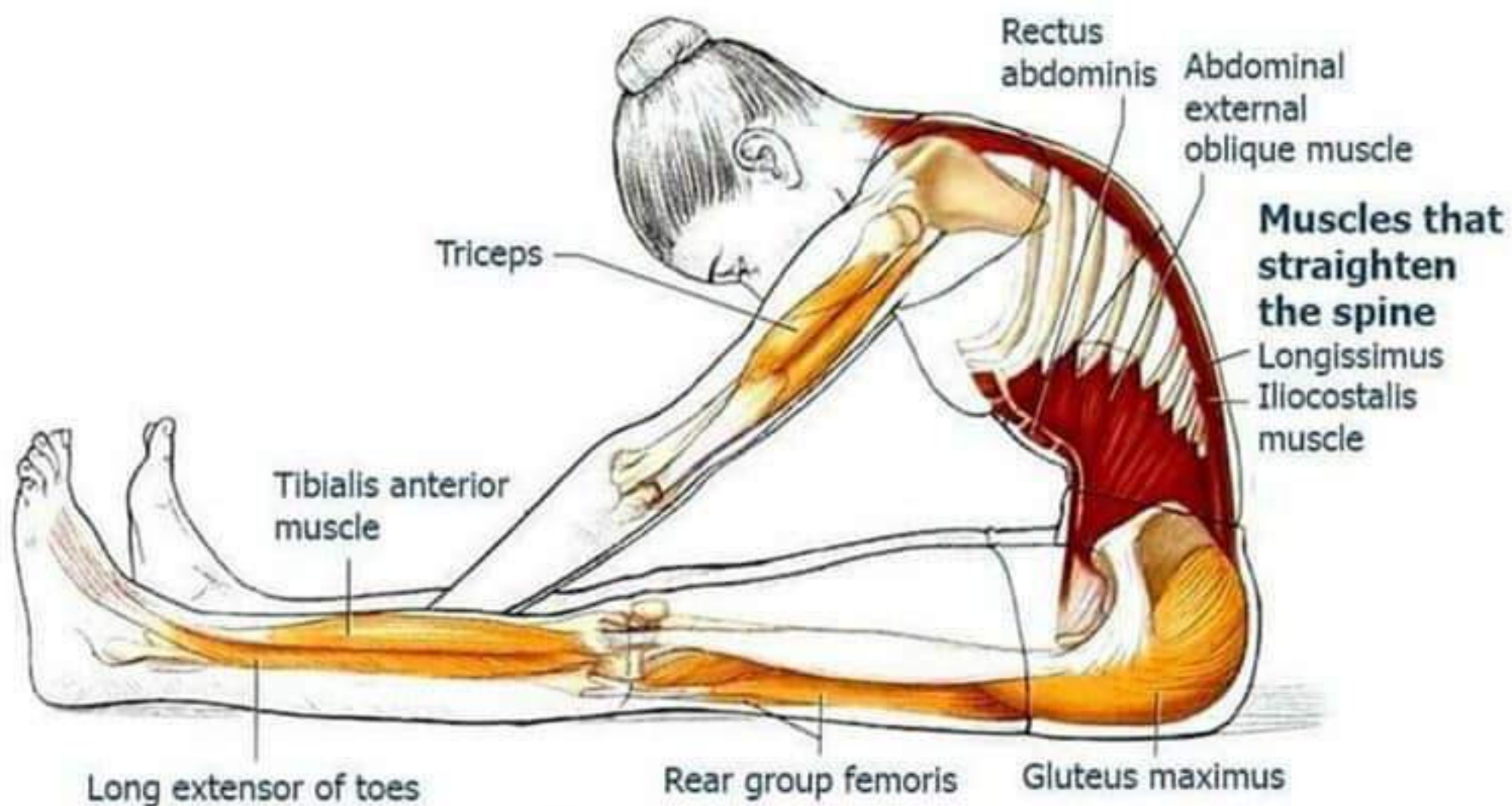


Phase 3





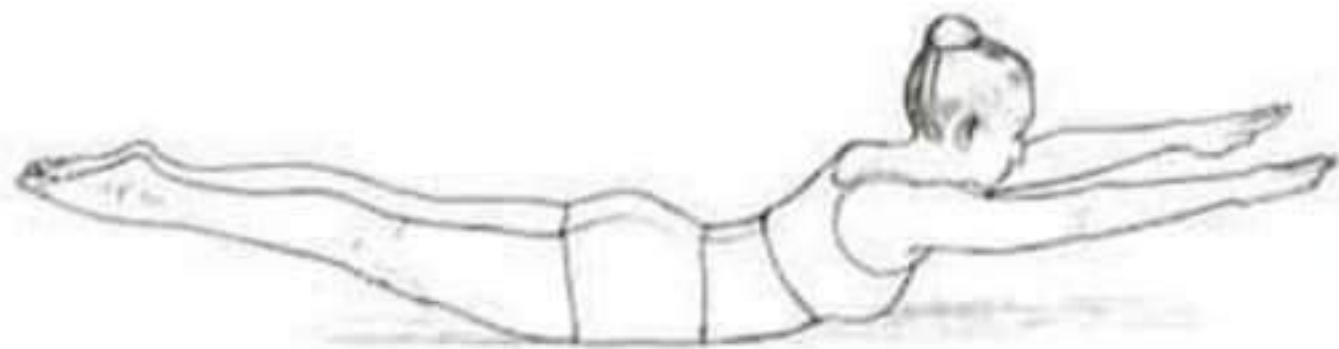
Initial Position



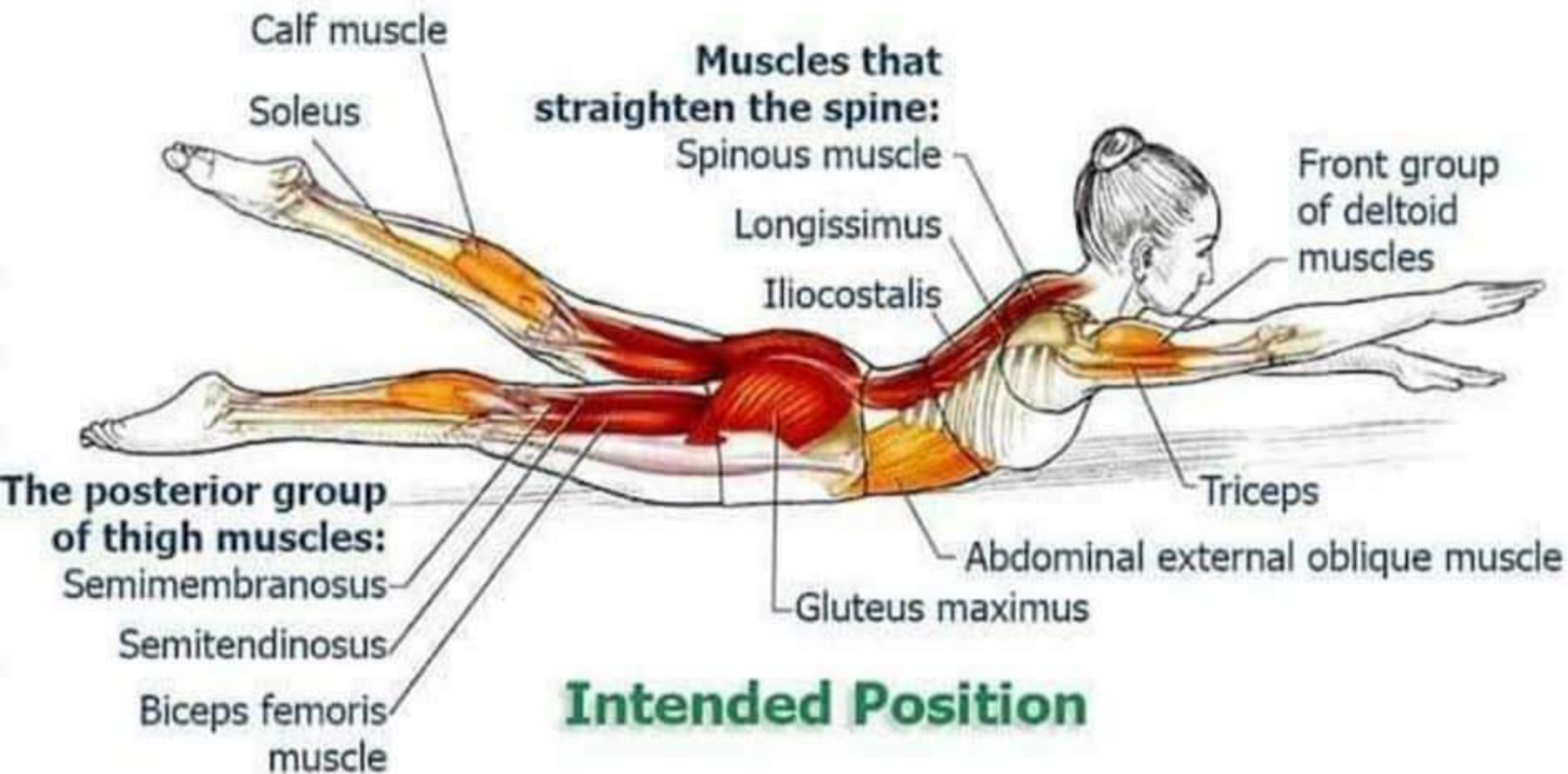
Start of stretch



End of stretch



Initial Position



Intended Position



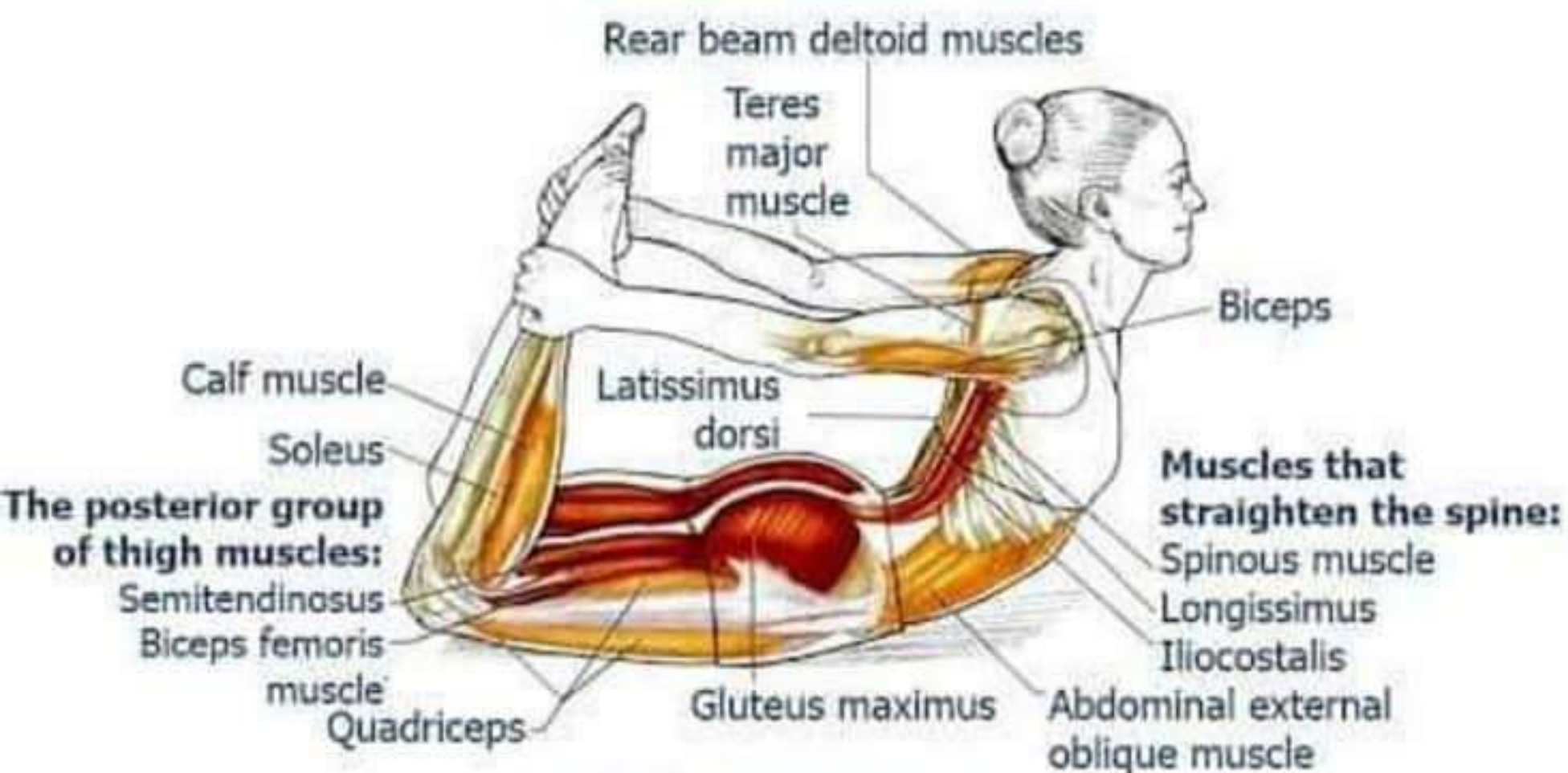
Initial Position



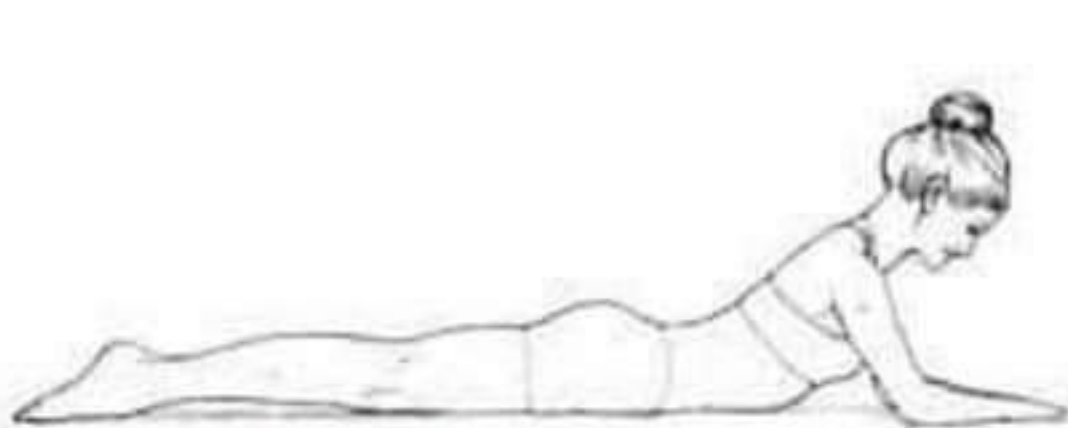
Intended Position



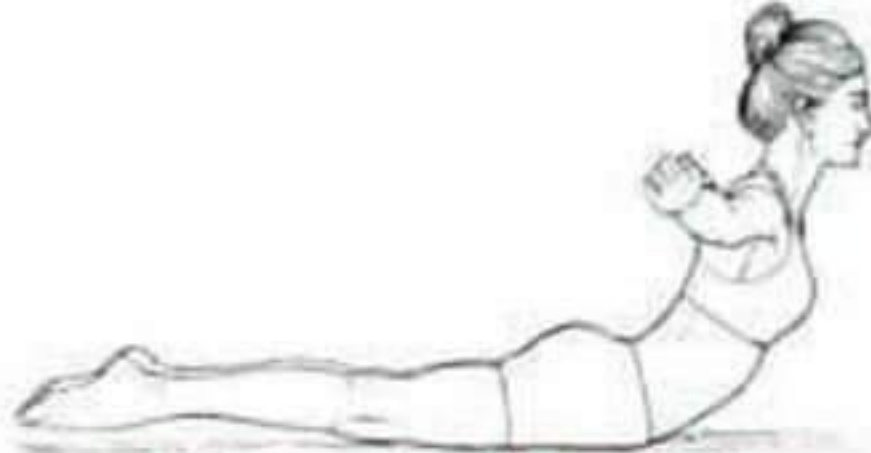
Roll Forward



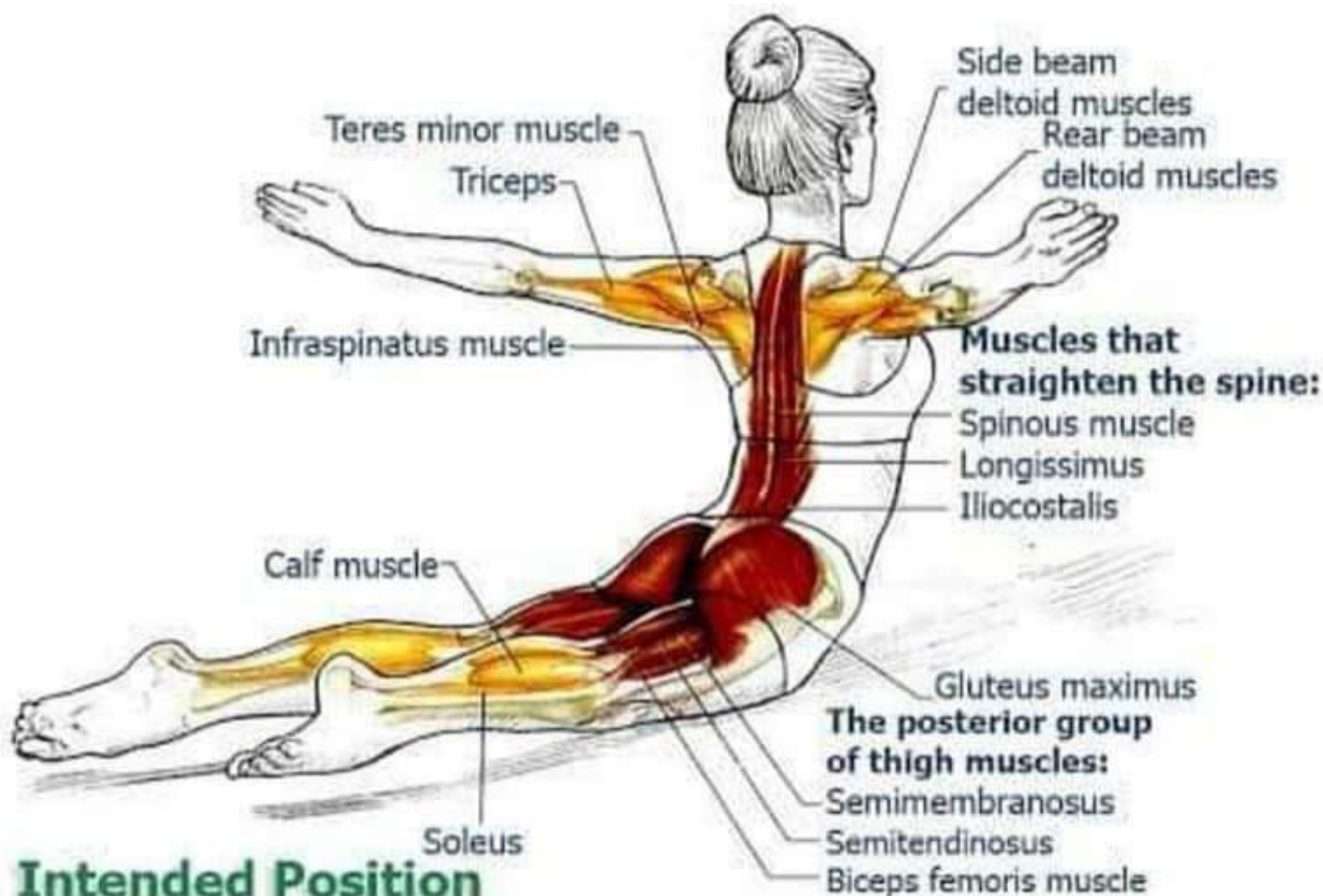
Roll Backward



Initial Position



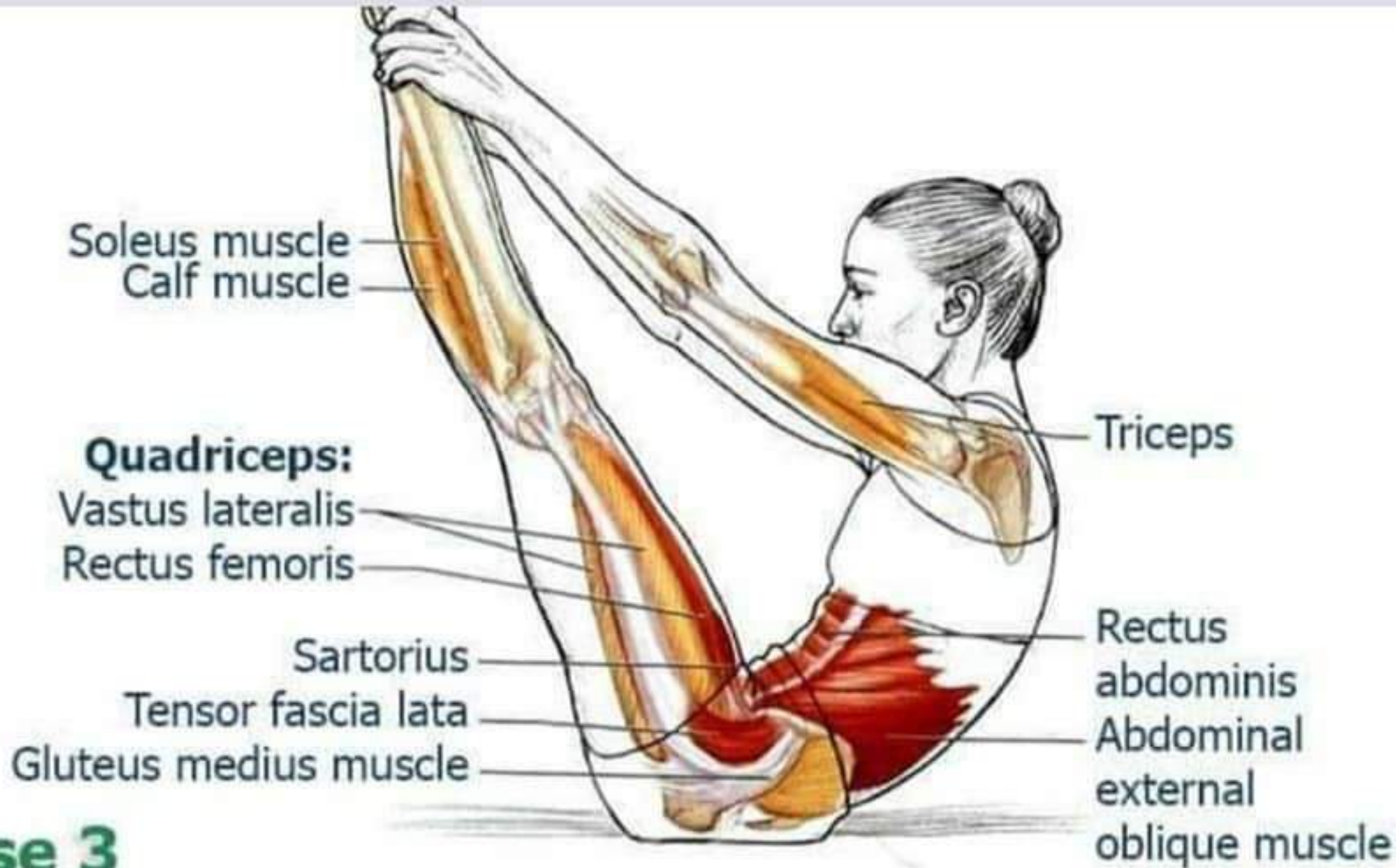
Intended Position



**Intended Position
(side view)**

Roll Forward



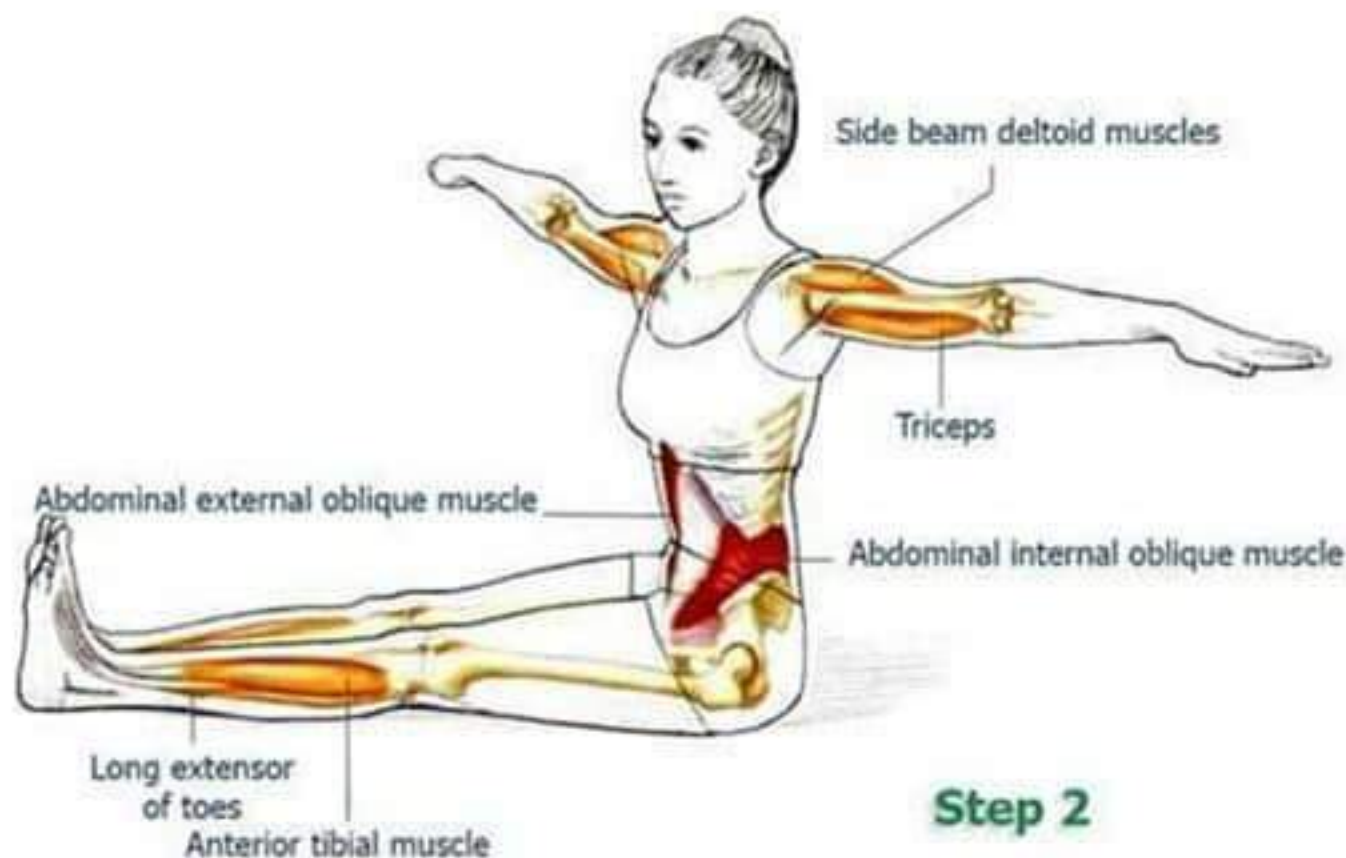


Phase 3

Spinal Twist



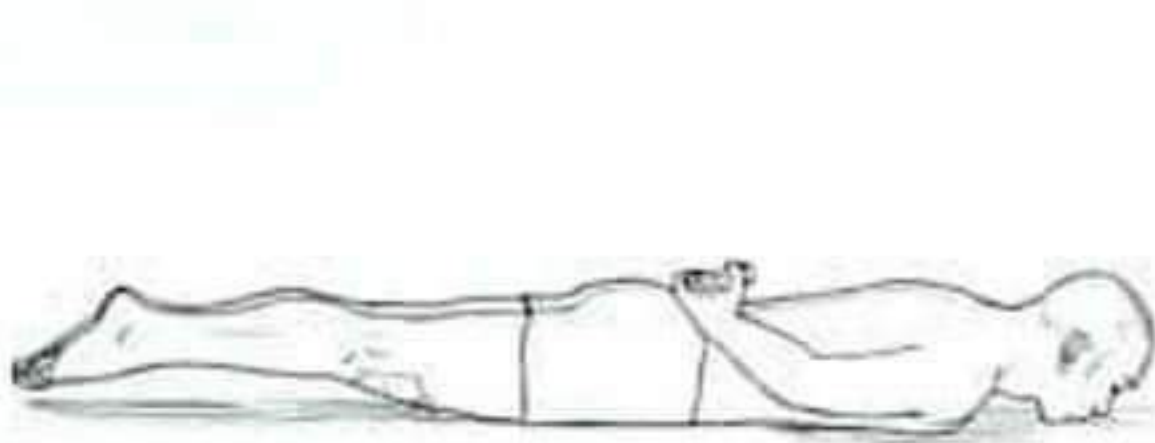
Initial Position



Step 2



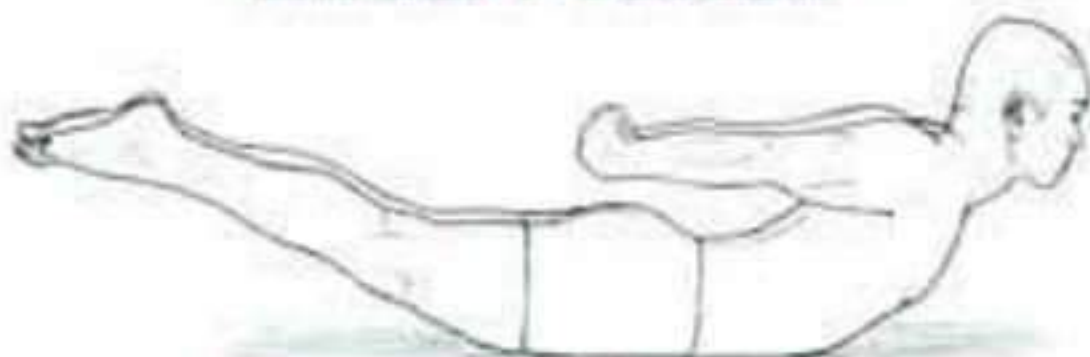
Spinal extensors acting as rotators



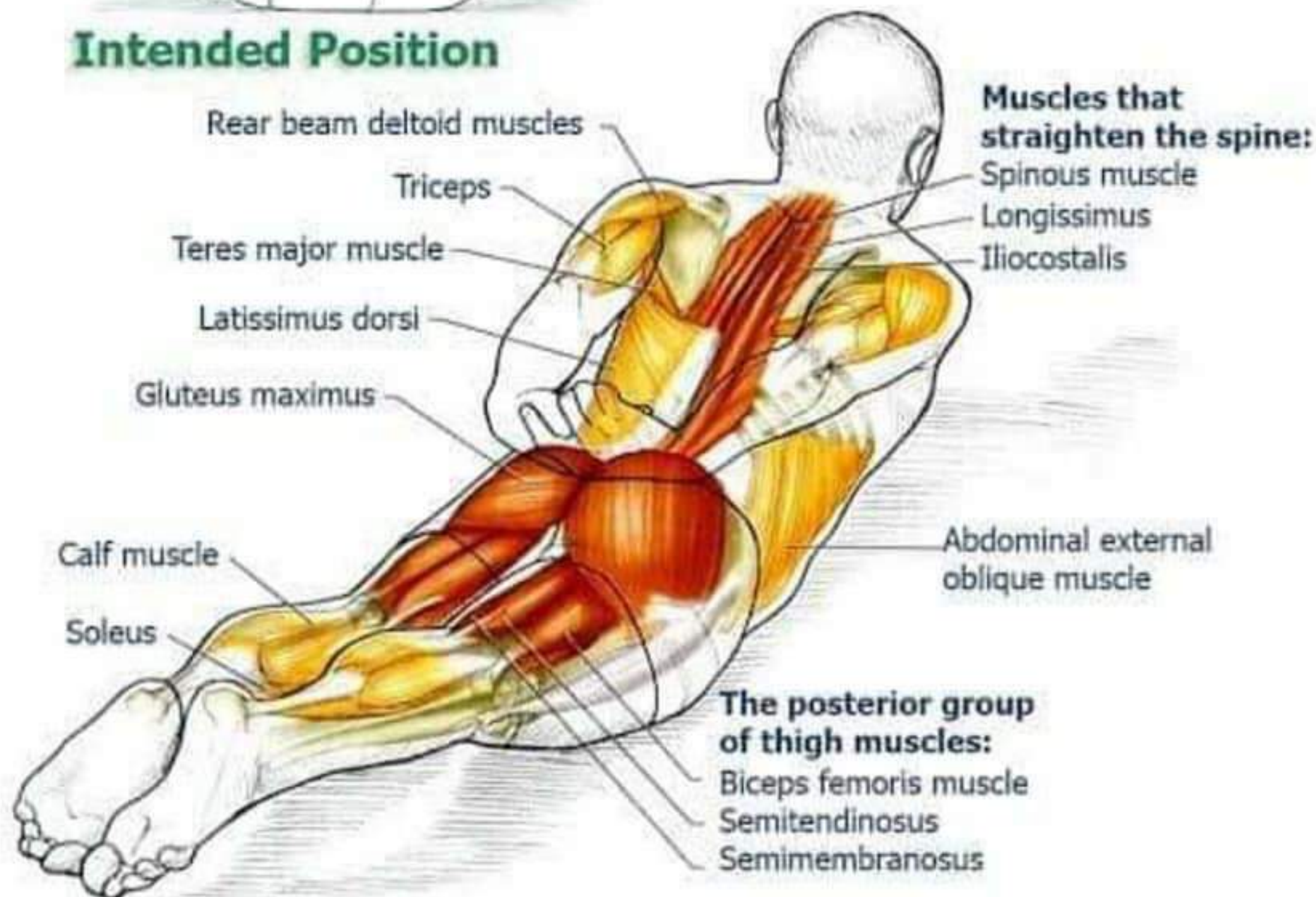
Initial Position



Intermediate Position



Intended Position



Intended Position (Muscle View)

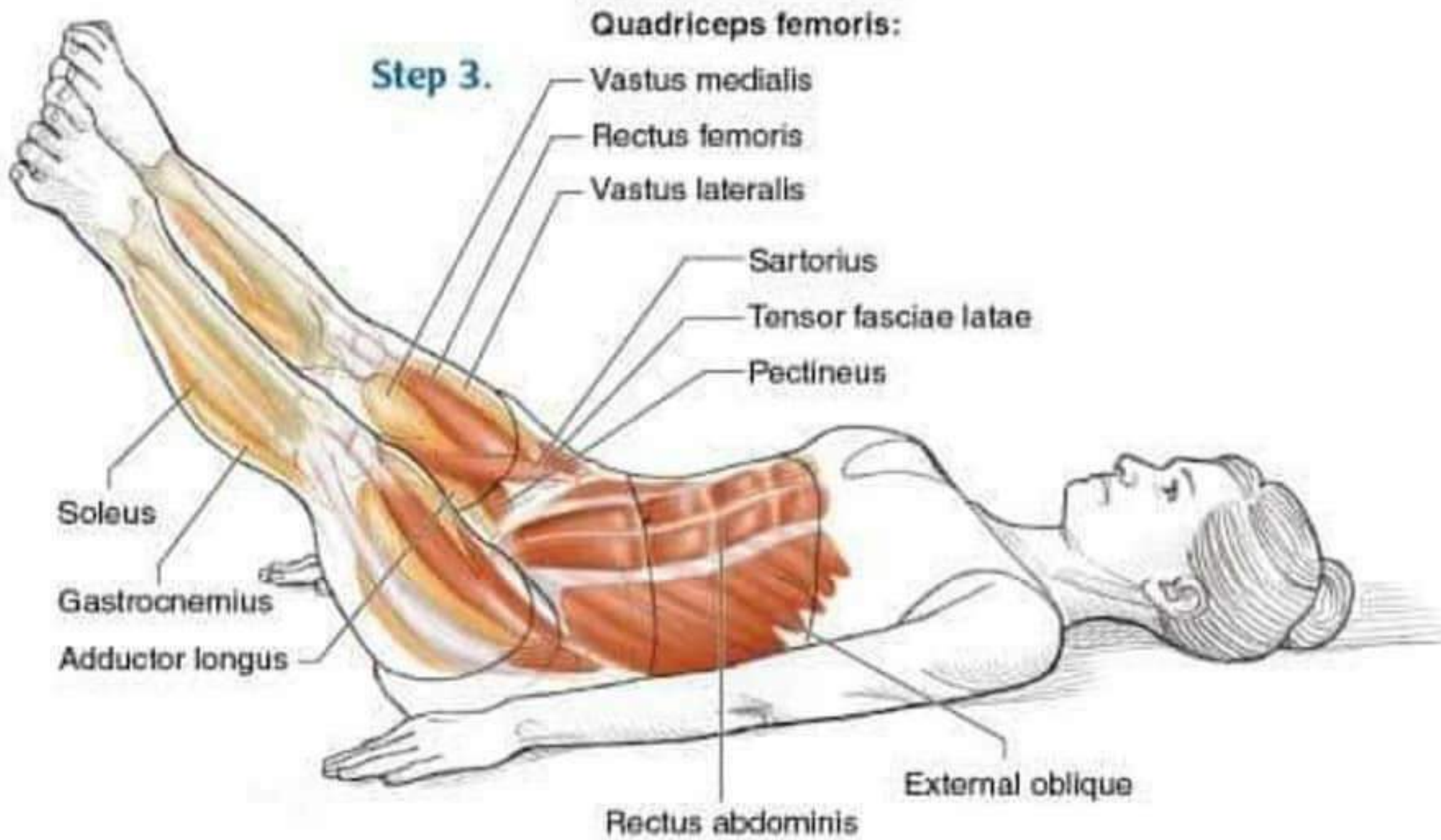
Start position.



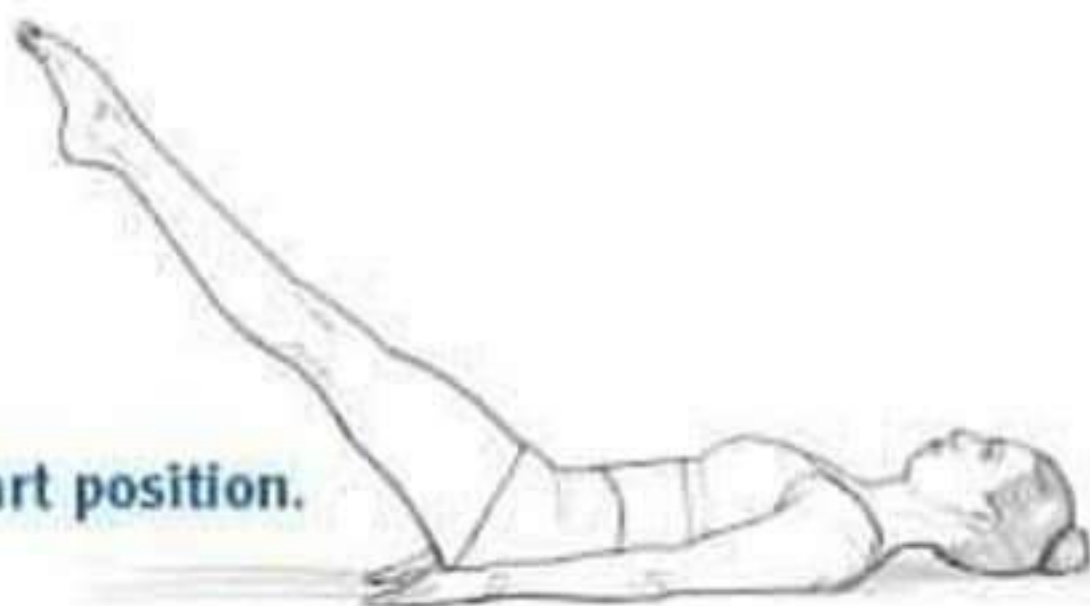
Step 2.



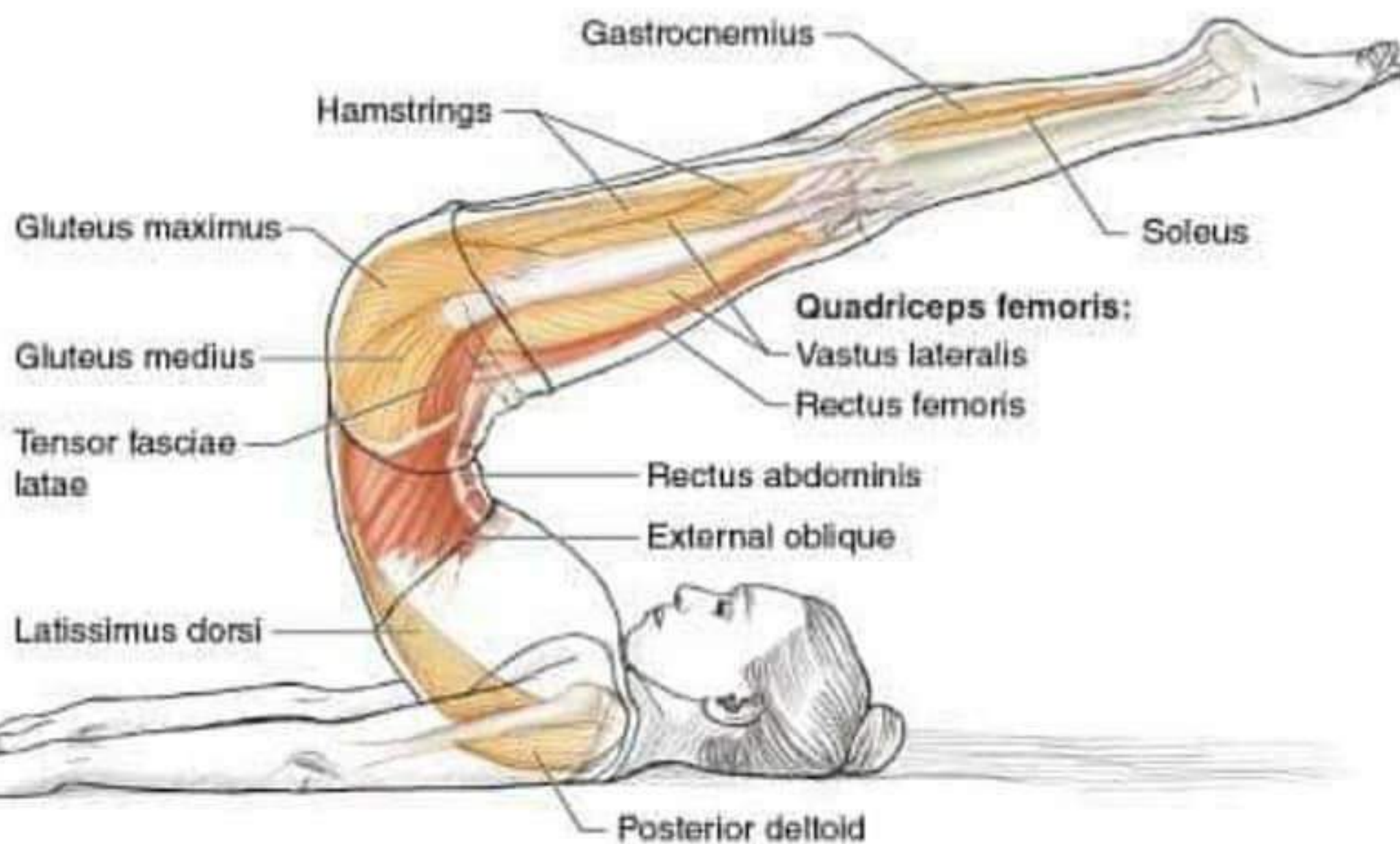
Step 3.



Start position.



Step 3.



Step 4.



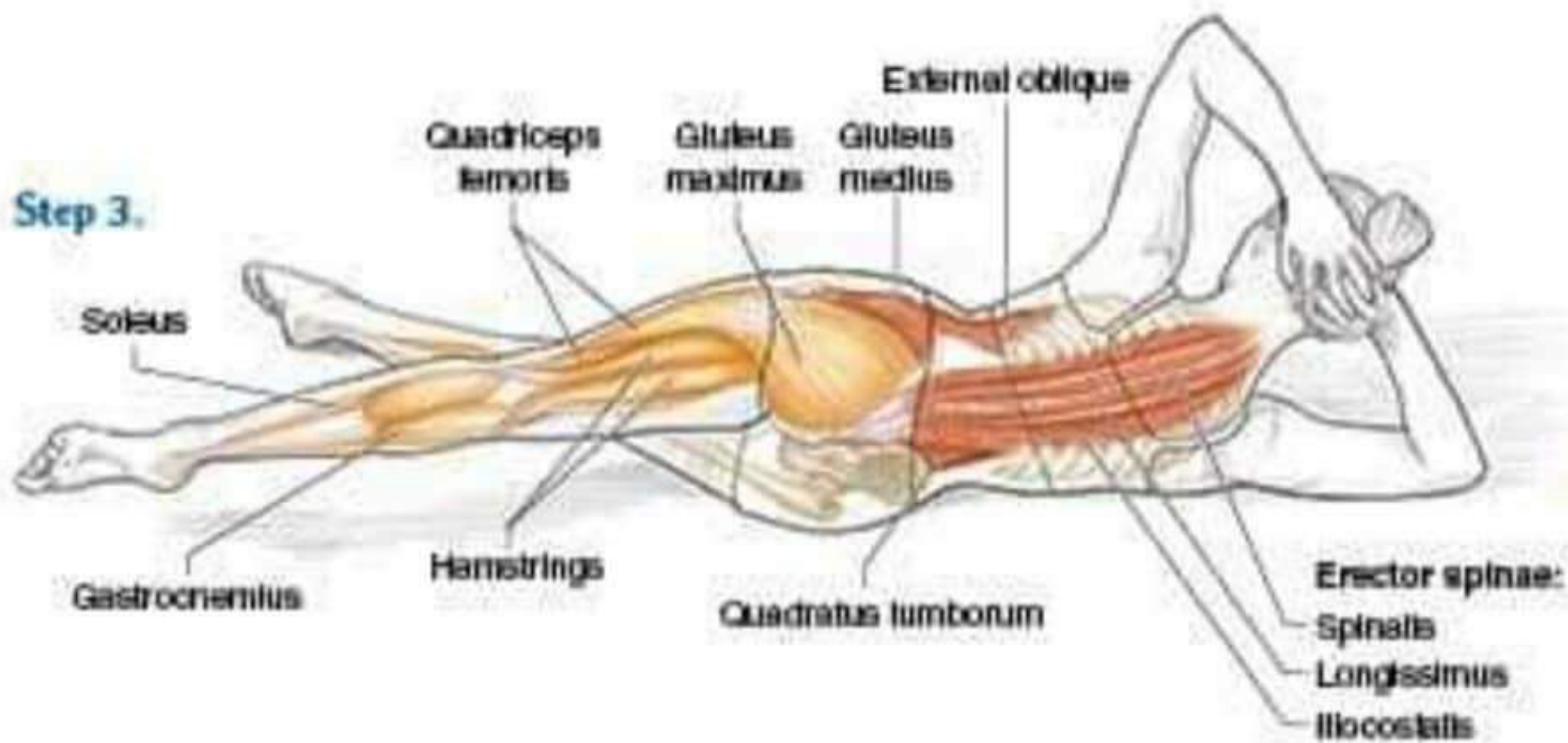
Start position.



Step 2

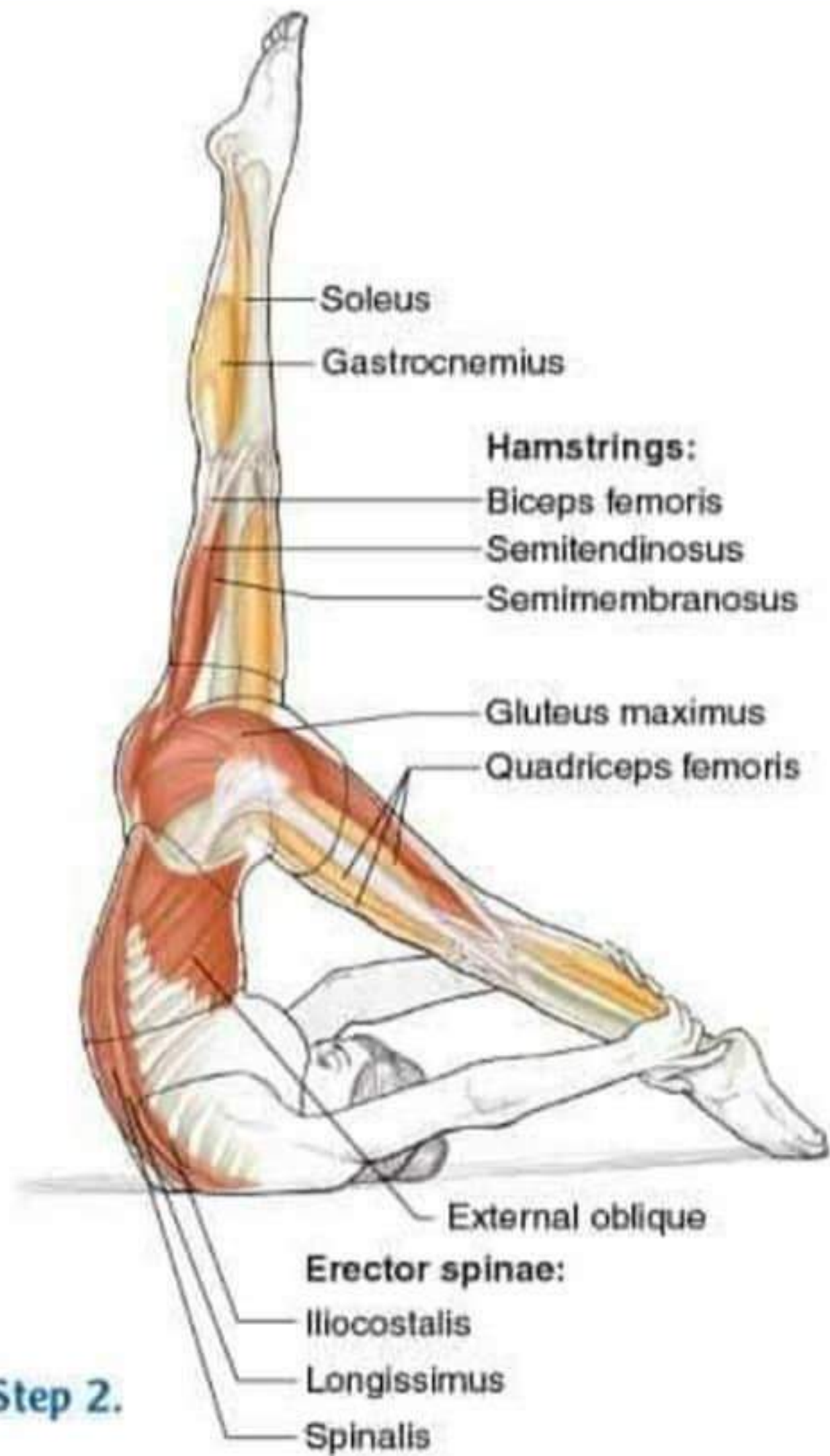


Step 3.

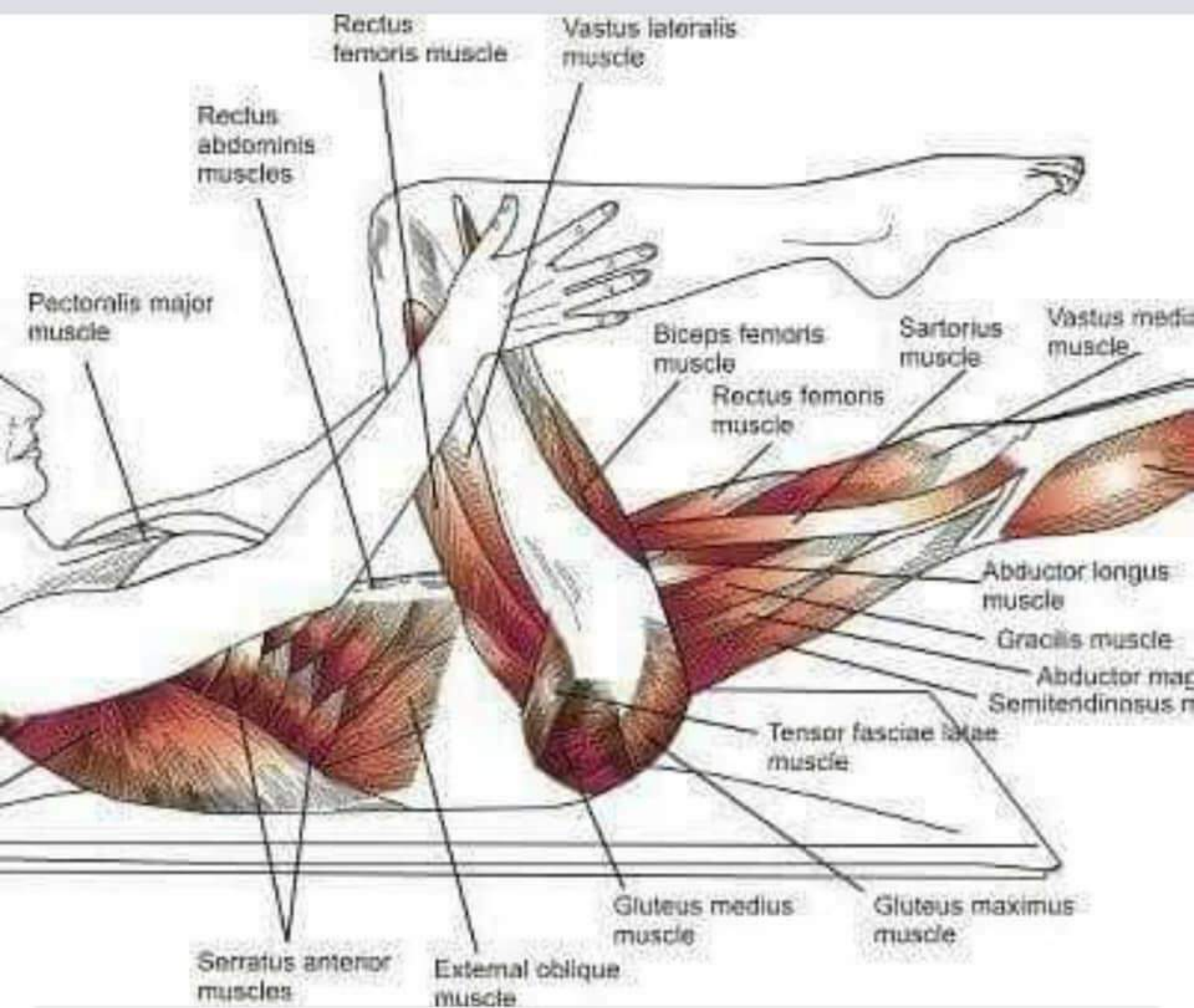




Start position.



Step 2.



 Like

 Comment

 Share

ROTACIONES DE COLUMNA

