

# Assume the Position

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Mission: "wellness without walls™"

## I. INTRODUCTIONS

1. Nāmaste! ("My inner peace meets, greets, and salutes your inner light")
2. Gratitude
3. Our Purpose Today: (stability and mobility)
4. This program really is about:
5. Resources/Equipment: Shoes. (*after today, we could add equipment by...*)
6. Theme: *organizing group strength programing by \_\_\_\_\_*
7. No ideal order or set # of anything: consider Purpose and Participants.

### Legend:

OH: Overhead  
Pr: Progression  
Re: Regression  
XS: repetitions  
LL: Long Lever  
SL: short lever

## II. THEORY

1. Alignment & Benefits Over Risks: (e.g.double leg)
2. To work a muscle with bodyweight, place it against \_\_\_\_\_.
3. Work the full \_\_\_\_\_ that is safe.
4. \_\_\_\_\_ over Risks.
5. Bodyweight Training:
  - a. isometric or isotonic: stability & mobility
  - b. train movements, not muscles
  - c. triplanar, multi-joint where possible
6. Barefoot possibility
7. WarmUp Safety: Core Planar Sequencing (S.F.T).
8. The 4 Actions of the Spine
  - a. FLEXION: SUPERIOR AND INFERIOR
  - b. EXTENSION: SUPERIOR AND INFERIOR
  - c. LATERAL FLEXION: SUPERIOR AND INFERIOR
  - d. ROTATION: INTERNAL AND EXTERNAL
9. Variables:
  - a. D: Direction: (sagittal, frontal, transverse plane)
  - b. R: Rhythm, R.O.M., Resistance, Repetitions
  - c. I: Impact & Contact Points
  - d. LL: Lever Length
  - e. S: Stability

## 10. The 10 Positions of the Body

1. BILATERAL STANDING
  - i. squat, plie
  - ii. lunges
  - iii. hinges
2. UNILATERAL STANDING
3. KNEELING
  - i. high kneeling
  - ii. low kneeling
  - iii. half kneeling
4. SEATED
  - i. long
  - ii. short
  - iii. v
5. QUADRUPED
6. PLANK
7. PRONE
8. SIDE-LYING
9. SUPINE
  - i. long
  - ii. short/dead bug
10. BRIDGE

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"If we change the way we see things, the things we see will change"

"If we change the way we see things, the things we see will change"

Positions	MOVEMENT & DIRECTION	RHYTHM, R.O.M. REPS. RESISTANCE	IMPACT & CONTACT POINTS	LEVER LENGTH	STABILITY
1. Bilateral Standing					
i. Squat, Plie	-multi-planar "clock" squats/turn series -upper body rotations	ROM: "3 x 7", Pr: arms OH	-plantar and dorsi-flexion Pr: plyom.		plantarflex, dorsiflex, add balance after reps.
ii. Lunges	-multi-planar lunges -curtsey lunges -upper body rotations	ROM: "3 x 7", Pr: arms OH	-Pr: plyom.		-plantarflex, dorsiflex
iii. Hinges	-adding rotation "basketball twists," rows			Pr: LL reaches	Pr: unilateral stance
2. Unilateral Standing					
I. Squat	-upper body rotation	Pr: increase ROM		Pr: arms overhead	
ii. Hinges	Pr: adding transverse plane movement -rotations			-Pr: LL reaches -LL hinge back to SL figure 4	Pr: single leg hinges

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3. Kneeling					
i.	High Kneeling	-quadriceps work w/rotation	Resistance Pr: arms overhead		
ii.	Low Kneeling	-quadriceps work in ½ reverse plank			
ii.	Half Kneeling	-multi-planar step-throughs for balance and gait			
4. Seated					
i.	Long	-triceps extensions -supine planks to staff		single LL leg and contralateral arm with rotation "down & under"	single arm
ii.	Short	-lower trapezius scapular depressions -scapular retraction			
iii.	V	-diagonal reaching patterns of arms and legs to challenge core		-biased sit -arms & legs separate & independent	Re: one heel or palm on the floor
5. Quadruped					
		-external & internal rotation w contralateral hip ext. -contralateral & longitudinal "bird dogs" -bear crawls		decrease base of support on forearm	decrease contact points with floor

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6. Plank	-wrist internal rotation -add external rotation to push-up			-Re: on 1 or 2 knees -walking elbows -cross midline with opposite knee	-add shoulder touches -frontal plane unilateral hip abduction
7. Prone	-spinal extension with external rotation with elbow touches -knee on foot position -twisting sphinx	ROM: external extension to knee, calf, foot Pr: -extension with work to legs to increase R.O.M	Pr: arms, legs	-leg on knee back extension, hip opening, retraction	
8. Side-Lying	-elbow transfers -lateral flexion (quadratus lumborum) -hip abduction/adduction -"thread the needle"		Pr: palm down Re: on forearm	-Re: on knees -Pr: on stacked ankles -lower leg series -superior leg stays in the air -LL leg series	full body balance on palm and ankle

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9. Supine					
i. Long	-ab oblique roll ups using LL of leg		ab roll ups holding 1 leg	-tricep extensions to full reverse plank	
ii. Short:	-reciprocal reaches -dead bug reaction -longitudinal reaches -superior/ inferior rotations -ab circles	ROM:"3 x 7"		Pr: toe taps with extended knees -Peter Pan Abs with SL and SL legs (twisting towards flexed knee)	Pr: head up
10. Bridge	-emphasize one side -add superior external rotation	ROM:"3 x 7"	heel & knees for reverse curl resistance		Pr: single leg bridges w/adducted knees Pr: frontal plane unilateral hip abduction

Summary:  
Home-Work:  
Resources:  
Final Take-Home Messages: