

MOBILITY_POSTERIOR-CHAIN:

SEATED PIKE WITH BAND PULLDOWN



Setup

- Sit with knees straight and feet flat on wall if possible.
- Attach a band anywhere above

Action

- Pulldown on the band from and hold.
- Exhale and bend forward from the hips, letting your back relax.

Focus

- Pulling down on the band activates your abdominals causing your paraspinals to relax through antagonist inhibition.

Dose

- 1-3x/day. 10(6)sec



AUSINHEILER PHYSICAL THERAPY & PERSONAL TRAINING

26 Eastwood Ct, Oakland, CA 94611

510-842-7135 | bryan@Ausinheiler.com | posturemovementpain.com