


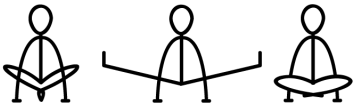
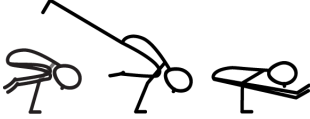



# TYPES OF ARM BALANCES AND THEIR CHARACTERISTICS

MOSTLY UPRIGHT	LEANING FORWARD	UPSIDE DOWN
		
		
<b>SHOULDER JOINT POSITION</b>		
<p style="text-align: center;">Neutral</p> <p>Arms are close to the body Less stress on the joint</p>	<p>Shoulder flexion, 45°- 90° Arms are in front of the body More stress on the joint</p>	<p>Shoulder flexion, 90°-180° Arms are above the head Most stress on the joint</p>
<b>ACTION REQUIRED</b>		
<p>Lift the butt of the ground. Requires core strength and upper body strength.</p>	<p>Balance out the weight of the upper and lower body. Requires core strength, upper body strength, arm strength.</p>	<p>Find equilibrium of the entire body weight over the hands. Requires a strong, well-integrated structure.</p>
<b>DEVELOPS</b>		
<p>Core and upper body strength, useful for pelvic floor strengthening</p>	<p>Core strength, upper body strength, arm strength, wrist strength.</p>	<p>Core strength, upper body strength, arm strength, wrist strength; sense of body position in space.</p>
<b>ASSISTANCE NEEDED</b>		
<p>Blocks are useful under hands to assist with the lift.</p>	<p>Blocks are useful under feet to assist with the lift and stabilize the body.</p>	<p>Spotter is needed at the beginning. Wall can be helpful.</p>
<b>RELEASE VALVES</b>		
<ul style="list-style-type: none"> <li>- Collapsing chest over belly</li> <li>- Tensing the neck</li> <li>- Shrugging the shoulders toward the ears</li> </ul>	<ul style="list-style-type: none"> <li>- Relying too much on the arms</li> <li>- Splaying the elbows out</li> <li>- Tensing the neck</li> </ul>	<ul style="list-style-type: none"> <li>- Collapsing in the lower back</li> <li>- Collapsing in the shoulders</li> <li>- Tensing the neck</li> </ul>
<b>SIMILAR PARTIAL WEIGHT BEARING POSES (good for preparation or substitutions)</b>		
