



TRI BREATH

A BODY SCULPTING  
PROGRAM

The  
**Log Roll**

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# The Log Roll

Sometimes you come across little gems that give you so much benefit it's a pleasure to not only be involved in creating the experience, it's a pleasure to do it.

The Log Roll is one such little gem. As the name implies, one can imagine the movement of your arms as they extend out to your sides at shoulder height just like a log rolling along the ground. With both arms moving in sync with each other, your hands go from making small circles in the beginning and as your muscles fatigue, the diameter of the circles your hands make increases.

This going from smaller circles to larger circles helps you open up your chest and thoracic region particularly when your hands move upwards on the OUT breath. On that last OUT breath as you pull your arms back and up, you lift your head from the back of your skull and at the same time extend your shoulder blades outwards.

When you're out walking, have a go at the Log Roll and when you feel as though you're at your limit move straight into Posture Pose to not only bring release to your arm and shoulder muscles, but because of the release you can create in and around your upper back and neck muscles.

This sequence of Log Roll into Posture Pose is a wonderful practice for anyone with posture and restricted chest issues, which unfortunately is most of us. The Log Roll is not only great for your shoulders and re-creating a big open chest, it's awesome for your posture as well. When you're in Log Roll mode, your body cannot slump, and doesn't want to slump which is quite a blessing.

Once you have the positioning of your arms, this is where you bring your breath into your movement. I would recommend using the 3 Step breathing rhythm so you can maximise your breath whilst still focusing on the subtle movements of your form.

## The technique

With your shoulders in the Up, Back and Down position

- Step 1.** Bring your fingers in so your hands are held in a fist
- Step 2.** With your hands being held in a fist, lift your hands up to shoulder height and gently extend your arms straight out to your arms limit without any lifting of your shoulders
- Step 3.** To start your hands circular progression, on an IN breath move your hands back, up and then down to make the shape of a small circle
- Step 4.** On your 2nd IN breath and following OUT breath, continue this process making sure that the start of both IN breath's and OUT breath's are started when your hands reach the bottom most point of your circle

## Taking it further

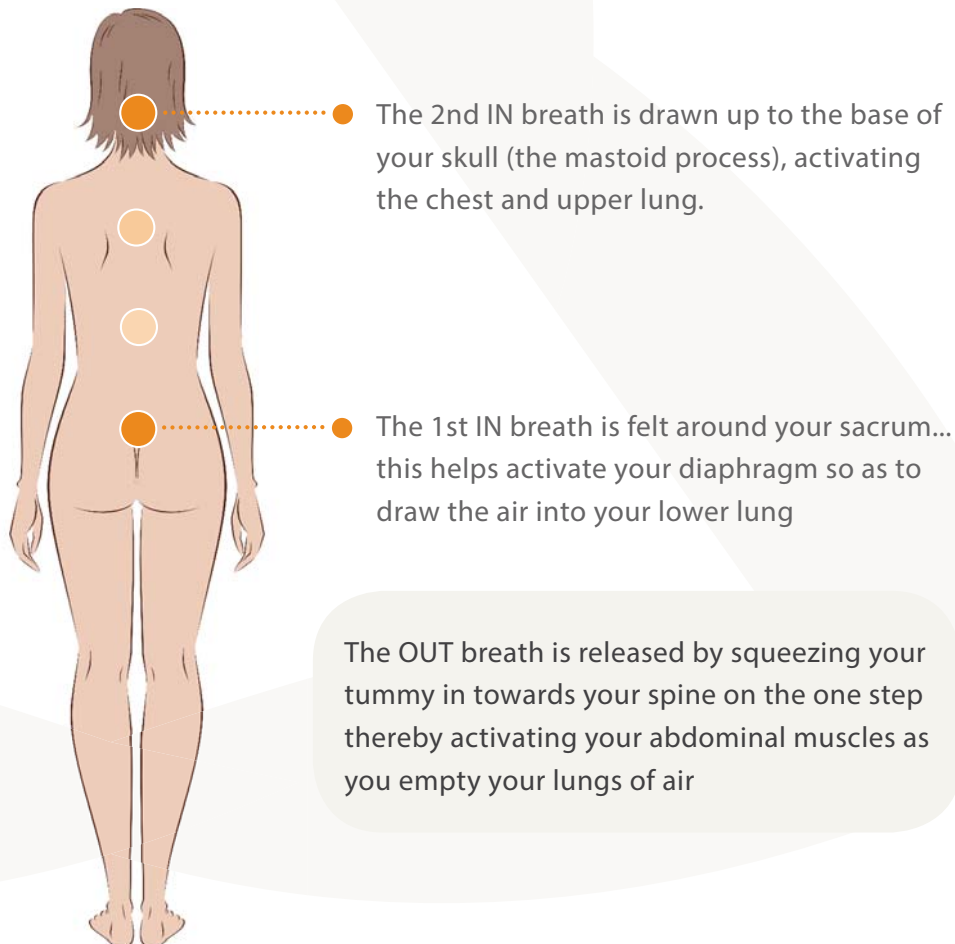
The Log Roll is quite versatile in its application being that you can focus on either shoulder mobility or you can focus on arm, shoulder and chest strength. The way you alter your approach is by how you hold your arm muscles.

For example... If you relax your arm muscles (hands still held in a fist in a circular motion), your arms will come in allowing you to not only rotate your hands but your shoulder & shoulder blades as well.

If you flex both your hands and arms (bringing your hands, arms and shoulder muscles into full contraction), your hands still maintain their projection outward to your sides, remembering to only go to where your shoulders don't lift.

## Breathing Points of the Spine

When practicing the Log Roll and using 3 Step breathing rhythm with it's associated breathing points, your breathing will be directed in such a way.



## Points to remember

- As your hands build a circle shape, nobody can to push your arms down, you're supporting the arms. The muscles are switched on with hands are in a fist
- As the fists come down to the lowest point of your circle, that's where both your IN breath and your OUT breath sit
- As your fists come down to the lowest point of your circle, that's when your foot also lands on the earth
- The start of both IN breath & OUT breath and the foot landing on the earth are timed together. Use the Breathing Points of the Spine to lift your body up

As for the direction of your circles, both clockwise and anti-clockwise directions have their benefits. Anti-clockwise requires more pelvic strength as the body has a propensity to lean back. Either way focus on syncing each IN breath and OUT breath to when the feet land on the earth.

## The little breath tip

Just like the ocean tides come in and go out gradually, same principle with your breathing in and breathing out. Like i said, i like using the 3 Step rhythm when i practice the Log Roll so with your IN breath's think...

- 1st IN breath little breath
- 2nd IN breath biggest breath

and then when your exhalation (the OUT breath) begins think...

- 1st OUT breath biggest breath out

This way you'll be able to fully maximise both your upper and lower lung as more conscious thought will be placed upon activating your diaphragm.

## BE FULL OF CARE

Start softly and proceed with no rush to get anywhere.

As with all the TriBreath movements, we embrace the breath first... and from the breath we work in the tenths of millimetres to expand outwardly on the physical level.