



TRI BREATH

A BODY SCULPTING  
PROGRAM

# Leg Lift

## With Rotation

Watch the video @tribreath.org

# Leg Lift With Rotation

When talking about respiration, the most common organ associated with breathing is your lungs. Obviously without the lungs there's no absorption of oxygen, so tools and techniques that help increase the available oxygen supply to our body are always most welcome.

By using the TriBreath rhythm's and techniques, you get a countable and quantifiable way of registering how much air you are able to get into your lungs. Once you get the rhythm's, you become aware that you can *consciously* pull air in and with a fair amount of gusto, get the air out and quickly, thereby emptying the lungs so as to get more air in.

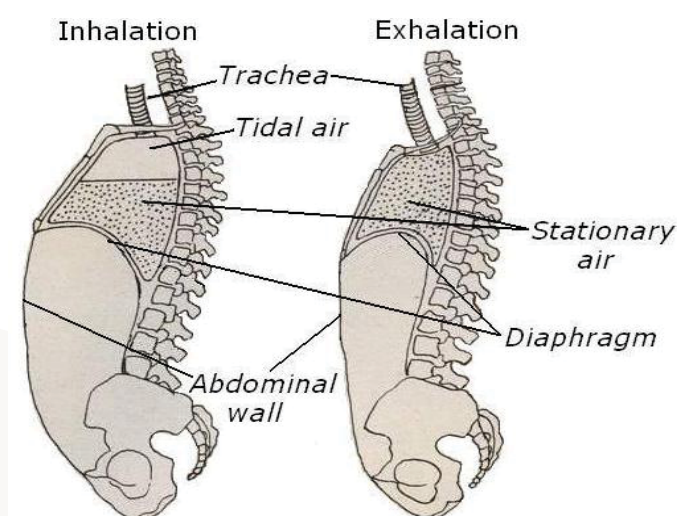
As for air, anatomically speaking, apart from the intercostal muscles (the muscles in between your ribs), the trapezius and scalene muscles, there's another muscle that without it, pulling air into the bottom of your lungs would be almost impossible. And this muscle is called your diaphragm.

## What is the diaphragm?

The diaphragm is thin muscle that separates the chest region from the abdominal region. And contrary to popular belief, it is the diaphragm that is the main muscle the body uses for breathing, not the lungs (the lungs being an organ of respiration).

- It is the action of the diaphragm moving downwards that allows the lungs to expand and draw air into the body.
- When the diaphragm moves upward, it assists in forcing air out of the lungs.

### So how does the diaphragm work?



When we breathe-in, the intercostal muscles (the muscles in-between the ribs) raise the ribs and cause the diaphragm to lower.

This is what causes the tummy region to expand and the whole thoracic cavity to enlarge from side to side, from back to front and from below upwards.

When we exhale, the reverse process occurs and the relaxation of the ribs returns the diaphragm to its original curved position.

## And this is where Leg Lift with Rotation comes in

As you rotate both shoulders and your hands to one side, as the leg your rotating shoulders are moving towards lifts, as the same knee crosses over to the other side of your body, not only does your abdominal region twist, internally so to does your diaphragm.

This twisting of both abdomen and diaphragm, alternating from side-to-side in unison with your inhalation and exhalation places different movements and loads upon your internal workings that otherwise would remain dormant.

When you bring in the opposing rotation of your shoulder girdle from the left hand side to the right hand, you will very quickly see how much your diaphragm is impacted and can be relatively isolated when practicing Leg Lift with Rotation, particularly on every last IN breath.

## The technique

With your shoulders in the Up, Back and Down position

- Step 1.** Bring your hands together so the crease of one thumb rests against the crease of the other. The hand on the top holds the hand underneath, while the hand on the bottom holds the upper hands thumb.
- Step 2.** RELAX YOUR HANDS! If it's your right hand that's on top... relax your grip on your left hand. Breathe in and as you exhale relax your hands, relax your forearms right up to your shoulders and neck. HANDS ARE RELAXED throughout the whole movement.
- Step 3.** With your hands connected, lift your hands up to chest height allowing your elbows

Once you have the positioning of your shoulders, hands & 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.

With your shoulders still in the Up, Back and Down position

- Step 4.** On your IN breath, twisting from your belly, rotate your hands and both shoulders around to the right. At the same time, lift your right knee up and across your body to the left focusing more on bringing your thigh into and under your belly region.
- Step 5.** On your following IN breath, bring your *still relaxed* hands and both shoulders around to the left hand side, and at the same time, lift your left knee up and across your body. Again, focus on bringing your left thigh into and under your left belly region.
- Step 6.** On your OUT breath, repeat Step 5 as you rotate your hands and both shoulders around to the right and at the same time, lift your right knee up and across your body.

Focus on bringing the thighs of both legs into and under your belly regions (think compression from your lower belly up to the bottom of your rib cage) as you exhale and so on. Work more on compressing your thigh and belly region together rather than relying on brute physical force.

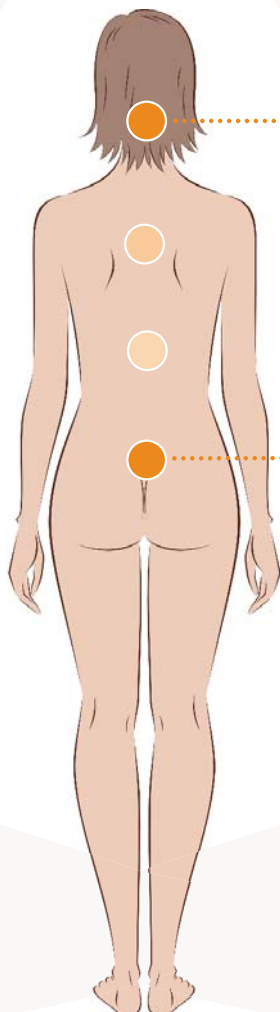
## A further visualisation

As you rotate your hands and shoulders from side to side, imagine your under arms are softly resting on a big beach ball whose movement moves fluidly from one side to the other side.

- So for example, when you move your elbows to the far right, your hands drop in height.
- When you return to your hands and elbows to the centre, your hands are at top height.
- And when your elbows move to the far left, again your hands drop in height. Up and down from side to side your elbows & hands move as your thighs move across your body.

## Breathing Points of the Spine

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



● The 2nd IN breath is drawn up to the base of your skull (the mastoid process), activating the chest and upper lung.

● The 1st IN breath is felt around your sacrum... this helps activate your diaphragm so as to draw the air into your lower lung

The OUT breath is released by squeezing your tummy in towards your spine on the one step thereby activating your abdominal muscles as you empty your lungs of air

## Points to remember

- Keep your shoulders in the Up, Back and Down position.
- Relax your hands. Focus more on the soft compression of your inner groin and belly region as you lift your knee and thigh across your body.
- Only lift your knee as high as your hip joint will allow so as to maintain the solid connection of the foot standing.
- Don't over exaggerate your knee lifting across your body. Be gentle!
- Squeeze your belly in on your OUT breath.

## 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 Leg Lift with Rotation 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. Any movements that involve the groin and lower back must be treated with respect.

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.