



TRI BREATH

A BODY SCULPTING
PROGRAM

Runner Up

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Runner Up

It took a while, but science has finally figured out that sprint work is good for you!

It's good news but with that noted, what will also need addressing is the commonly accepted belief of "what sprint work is!" Ask most people what they vision when they think of sprinting and for most of us it's someone running full pelt as fast as you can. While this vision may be true, it isn't the be all and end all. For instance, no matter what your age, if you can walk you can practice sprint walking without injury concerns and get better results than running full pelt.

You see TriBreath is first and foremost about structure. It's about placing your body within specific lines of movement that help re-educate your body's memory of expansion. Once you understand (or more to the point comprehend), that your body is inherently designed to expand and regenerate, the process of receiving these gifts of longevity increase exponentially.

Think about it! Do you have to *think* about how your body repairs and rebuilds itself? No you don't! All you have to do is provide oxygen, hydration and nourishment and your body does what it does. Yet as perfect as the body is, as the body ages, it collapses... it contracts. So to the beginning we must return because the only thing that can slow this process down is you.

For the truth is it's all about you consciously re-establishing the vision of your body in its prime as a matter of course. You seeing your legs strong, your torso toned with your shoulders & arms able to carry the weight of the Earth is you using your imagination for what it is. A shaping tool!

The vision

If you've ever seen world class one hundred metre sprinters in action (the Olympic games for example) the body's these humans build are quite impressive. It's obvious the body likes to run otherwise the form these people get, both male & female alike, would not be possible.

To get the speed these sprinters generate, it's the propelling action of the arms that create the maximum amount of momentum. That's why the shoulder muscles (the deltoids) are so wonderfully pronounced on these elite athletes.

If you watch head on the movement of the arms as one of these athletes comes towards you at full speed, what you'll notice is the arms run parallel with each other. They don't cross over, nor point inwards or outwards. Obviously depending on the size of the lats (latissimus dorsi), the tricep of the arm will move outward as it moves behind the body, but if you focus on the arms as they are moving forward of the body, they're always pumping straight ahead with each other.

And this is the goal with Runner Up.

What about the breath

Imagine your arms are pistons that pump and the more you focus on keeping your arms parallel to each other as you hold & support your body weight using your breath for lift the better. As each arm pushes and pulls your body forward, to get maximum oxygen into your body, we're going to use the breathing rhythm that has a complete breathing cycle (both inhalation and exhalation) on the one side... the TriBreath 7 Step breathing rhythm.

Whether you're in the knee's bent position or your knee's are in the locked straight position, focus on your breath. As you're using the 7 Step, continually say to yourself... IN, 2, 3, 4, OUT, 2, 3. When you break it down further to each individual left & right hand side, as your right arm comes forward on your IN breath, say to yourself... RIGHT, 2, 3, 4, and then on your OUT breath RIGHT, 2, 3 to complete your breathing cycle. Then to start another breathing cycle as your left hand moves forward on the IN breath say to yourself LEFT 2, 3, 4, & then on your OUT breath LEFT, 2, 3.

Basically just focus on your breath and your arms.

When you get used to the movement & the rhythm of the breath, to further open up your shoulders & chest; rather than using your arms & hands coming forward to start your breathing cycles, start using your arms, or more to the point... your elbows as they move backwards.

For example... Instead of using your right arm moving forward to start your breathing cycle, as you begin your breathing cycle and you're starting your first IN breath of 4 IN breaths (using the 7 Step), it's your right elbow being pulled backwards that begins your breathing cycle and again your right elbow moving backwards to start the first of your 3 OUT breaths and so on.

The technique

The method in Runner Up is to increase your breathing rhythm tempo by increasing the tempo of your arms as they move back and forth while your knees go from a bent position (starting position) and in gradual steps... straightening your legs until your knees are locked straight.

When you do get to the knees locked position and your arms are pumping, your chest doesn't move (so your arms movement is isolated to your shoulder girdle) and your torso is held firm. No hips moving & swaying from side-to-side! Your whole body is like a solid plank of wood with your tummy held firm with only your arms moving and your breath a pumping.

Then when you're ready, you let yourself go and walk as fast as you can whilst still maintaining your 7 Step breathing rhythm for a 50m or 100m sprint. When you finish Runner Up move straight into **Posture Pose**. Almost instantly, slow everything down (little baby steps with your feet) and use the 3 Step. Fully focus on controlling your breath as you breathe IN & OUT.

With your shoulders in the Up, Back and Down position and using the 7 Step

- Step 1.** Standing still with your feet at shoulder width apart, at the same time as you bend your knees, lower your body down as far as your knees, legs and lower back will allow.
- Step 2.** As best you can, pull your chin in and lift your head up from the back of your skull keeping your back held vertically and as straight as possible.
- Step 3.** Looking down at your hands, adjust your forearms so your hands & elbows are the same distance apart. Your forearms are held parallel with each other.
- Step 4.** Start your 7 Step breathing rhythm (*Beginners with your hands moving forward to start your breathing cycle or Advanced with your elbows moving backward to start your breathing cycle*) at the slowest pace that is comfortable for you using the 7 Step.
- Step 5.** When you're ready, increase the tempo of your arms a bit (*thereby increasing the tempo of your breath but not moving out of the 7 Step breathing rhythm*) and at the same time start to straighten your knees so your knees are not so bent.
- Step 6.** Again, when you're ready, increase the tempo of your arms a bit (*again you're increasing the tempo of your breath but not moving out of the 7 Step breathing rhythm*) and again, at the same time, straighten your knees slightly.

This process of increasing the tempo of your arms moving back and forth as you straighten your legs in stages has multiple benefits. As your knees straighten your body weight displacement continually changes as does the forces placed upon your leg muscles and inner groin muscles (the abductors). This movement of energy almost forces you to pull your chin in & lift your head up from the back of your skull thereby elongating your spine with no physical impact directly placed upon your body.

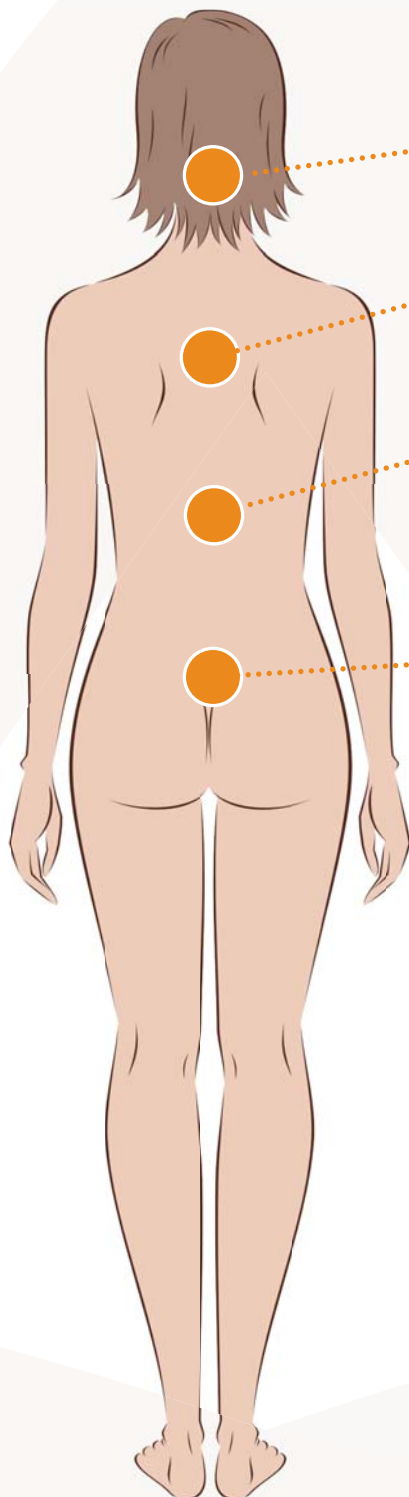
As for how quickly you go from the knees bent position to the knees locked tight with your hips not swaying from side-to-side & your torso held firm, ultimately depends upon your fitness levels at any given time. Hence a good way to get the best out of Runner Up is to think in gears!

Imagine there were 5 levels or gears you can access when you straighten your knees. So when you're starting and your knees are in the fully bent position, that's your first gear. When you straighten your knees a bit and increase the tempo of your arms movement (*thereby increasing the tempo of your breathing rhythm*), that's your second gear and so on. As there's limited movement from knees bent to knees locked straight, that's where the 5 gears come from.

When you reach the fifth level or fifth gear, this is where your knees are locked straight, your hips & tummy are held firm & your arms and breath are pumping! Imagine your body's a car with your foot held flat on the accelerator pedal. Your engine's revved up to the max but your wheels are just spinning on the spot waiting for you to let go and start your 100m sprint or whatever distance you feel comfortable. When you finish your sprint, instantly slow right down and move straight into Posture Pose using the 3 Step to control your IN breath & your OUT breath.

Breathing Points of the Spine

To familiarise yourself with the Breathing Points of the Spine using the 7 Step



● The 4th IN breath is drawn up to the base of your skull (the mastoid process), activating the chest and upper lung.

● The 3rd IN breath is drawn up to the spine area that lies in between your shoulder blades. This action will help activate your heart region and expand your thoracic cage

● The 2nd IN breath is drawn up to where the bottom of your ribs (meet at the base of your trapezius muscle). This action will help activate your solar plexus region and help fill your lungs from the bottom up

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

The 1st OUT breath is felt around your tummy by gently squeezing your tummy in towards your spine

The 2nd OUT breath is the fluid movement of your tummy still moving inwards

The 3rd OUT breath is fully pulling your tummy in towards your spine thereby emptying your lungs from the bottom up of air

Points to remember

- Maintain the parallel form of your forearms through out the whole of the movement including when you let yourself go into a walking sprint.
- Keep your chin in as you lift your head up from the back of your skull.
- The forward & backward movement of your arms is from your shoulders and shoulders only. Don't let your chest move as a way to generate the movement of your arms. Only come from your shoulders!
- Increase the tempo of your arms in stages. These stages coincide with the straightening of your knees coming from the bent position and gradually moving into the legs straight position over five (5) stages or what is called gears.
- When you're in the knees locked straight position, your hips and tummy are also held firmly. This holding of your abdomen while your arms are moving quickly helps to flatten your tummy and open your chest particularly when on the last of your IN breaths or what is your fourth breath IN.

The little breath tip

To help fill your lungs up with air whilst practicing Runner Up, using the little breath bigger breath technique works a treat. So using the 7 Step, with your IN breath's think...

- 1st IN breath little breath
- 2nd IN breath bigger breath
- 3rd IN breath big breath
- 4th IN breath biggest breath

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

- 1st OUT breath little breath out
- 2nd OUT breath bigger breath out
- 3rd OUT breath being the 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 feeling first... then work in the tenths of millimetres to expand outwardly on the physical level.