

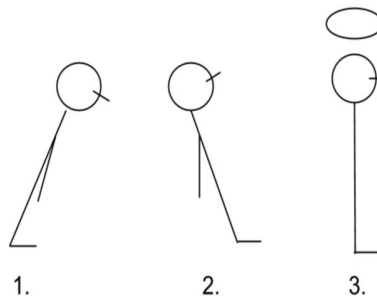
Bite Size Sequencing

An essential part of any training for Physical Performance

Breath Awareness



Circling Balance



Squat Prep



TECHNIQUES:

Using some of the techniques we previously shared with you and one new one we can create a Bite-size sequence you can add to the start of your Strength & Conditioning Training or use as a stand alone sequence during the day. This sequence brings awareness to your breathing biomechanics, weight distribution/ground reaction force and it awakens muscles for movement efficiency and physical performance.

SEQUENCE:

1. Breath Awareness & Diaphragmatic Breathing - done Standing (refer to [Handout](#))
2. Circling Balance (refer to [Handout](#))
3. Squat Prep (with or without chair)
 - 3.1 Stand with feet hip width distance apart - take a moment to feel the feet and move around.
 - 3.2 Inhale: Prepare
 - 3.3 Exhale: Reach arms forward, slowly lower down - imagine sitting down onto a chair. Pause.
 - 3.4 Inhale: Power up through the feet, extend legs and brace through the torso coming back to standing, arms lower.
 - 3.5 Repeat Exhale lowering and Inhale standing.

BENEFITS:

- Adds value to your training through preparing the body for more efficient movement.
- Provides opportunity to observe any pain or discomfort in the body before loading.
- Easy to remember saving you time.

NOTES:

- Please use your own discretion when using new techniques and consult a physician if you are unsure.
- Discontinue activity immediately if you experience sharp pain.
- Work within a comfortable range of motion (ROM) - start small and increase gradually.