SUPINE BODYWEIGHT TRANSFER

Technical points:

Begin by aligning the body and elongating the spine. Lower yourself into a full squat (you can also practice the full squat a few times) and then position yourself in a Crab Walk. While holding the shoulders over the wrists, hips high above the ground, buttocks tensed, fingers pointing the same way as the toes and head out of the shoulders (makes more space between your ears and your shoulders) perform the following sequences:



[Fig 85: Supine BWT]

Stage 1 - Arms

Transfer the body weight and lift the left hand off the ground. Hold for 3-5 seconds.

Transfer the body weight and lift the right hand. Hold for 3-5 seconds.

Ensure there is minimal hip movement.

Keep your head out of the shoulders and look forward. Your support wrist is under the shoulder, hips are off the ground, as high as you can, and your abdominal muscles are activated. The glutes are activated.

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[Fig 86: Supine BWT]

Stage 2 - Legs

Transfer the body weight and lift the left foot off the ground. Hold for 3-5 seconds.

Transfer the body weight and lift the foot hand. Hold for 3-5 seconds.

Ensure there is minimal hip movement.

Keep your head out of the shoulders and look forward. Your wrists are under the shoulders, hips are off the ground, as high as you can, and your abdominal muscles are activated. The glutes are activated as well, especially the support leg side.



[Fig 87: Supine BWT]

Progression:

- stretch out the arms and legs as you lift them one by one
- hold position for a longer time
- lift hips higher

Regression:

- just lift your hand off the floor a few cm or inches, rather than all the way up

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- just transfer as much of the body weight as possible on the other 3 limbs and hold, without lifting the hand or foot off the ground

Stage 3 - Arm and Opposite Leg

Keep your head out of the shoulders and look forward. Your support wrist is under the shoulder, hips are off the ground, as high as you can, and your abdominal muscles are activated. The glutes are activated as well, especially the support leg side.

Transfer the body weight and lift the **left hand AND right foot.** Hold for 3-5 seconds.

Transfer the body weight and lift the **right hand AND left foot.** Hold for 3-5 seconds..

Ensure there is minimal hip movement.



[Fig 88: Supine BWT]

Progression:

- stretch out the arm and leg as you lift them one by one
- lift arm and leg on the same side (i.e. left arm and left leg)
- hold position for longer
- lift hips higher

Regression:

- just lift off the floor a few cm or inches
- go back to stages 1 and 2

Stage 4 – **Connect over/in front of the body**

Keep your head out of the shoulders and look forward. Your support wrist is under the shoulder, hips are off the ground, as high as you can, and your abdominal muscles are activated. The glutes are activated as well, especially the support leg side.

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Transfer the body weight and lift the **left hand AND right foot.** Bring them together over the body.

Transfer the body weight and lift the **right hand AND left foot.** Bring them together over the body.

Ensure there is minimal hip movement and all movements are performed slow and fluid.



[Fig 89: Supine BWT]

Progression:

- perform the movements continuously for a number of times or seconds very slow and with correct technique before putting the foot back down on the ground

Regression:

- go back to stages 1, 2 and 3

Stage 5 – **Connect under the body**

Keep your head out of the shoulders and look forward. Your support wrist is under the shoulder, hips are off the ground, as high as you can, and your abdominal muscles are activated. The glutes are activated as well, especially the support leg side.

Transfer the body weight and lift the **left hand AND right foot.** Connect them under the body, through the gap between the leg and the body. Think of threading the leg through that gap.

Transfer the body weight and lift the **right hand AND left foot.** Bring them together over the body. Connect them under the body.

Ensure there is minimal hip movement and all movements are performed slow and fluid.

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[Fig 90: Supine BWT]

Progression:

- perform the movements continuously for a number of times or seconds very slow and with correct technique before putting the foot back down on the ground

Regression:

- go back to stages 1, 2 and 3

Stage 6 – **Connect over and under the body**

Bring Stages 4 and 5 together in one movement.

Transfer the body weight and lift the **left arm and right leg** and connect them over and then under the body straight away, without placing the foot or hand on the floor.

Keep your head out of the shoulders and look forward. Your support wrist is under the shoulder, hips are off the ground, as high as you can, and your abdominal muscles are activated. The glutes are activated as well, especially the support leg side.

Ensure there is minimal hip movement and all movements are performed slow and fluid.

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[Fig 91: Supine BWT]

Progression:

- perform the movements continuously for a number of times or seconds very slow and with correct technique before putting the foot on the ground

Regression:

- touch the ground between movements
- go back to stages 1, 2 and 3

Stage 7 – **Connect under and over the body**

Bring Stages 5 and 4 together in one movement. This is actually Stage 6 in reverse.

Transfer the body weight and lift the **left arm and right leg** and connect them under and then over the body straight away, without placing the foot or hand on the floor.

Keep your head out of the shoulders and look forward. Your support wrist is under the shoulder, hips are off the ground, as high as you can, and your abdominal muscles are activated. The glutes are activated as well, especially the support leg side.

Ensure there is minimal hip movement and all movements are performed slow and fluid.

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[Fig 92: Supine BWT]

Progression:

- perform the movements continuously for a number of times or seconds very slow and with correct technique before putting the foot on the ground

Regression:

- touch the ground between movements
- go back to stages 1, 2 and 3

Benefits:

Strengthening feet, ankles, knees and hip stability muscles.

Strengthening quads, adductors and abductors, glutes which it turn stabilise the knees and hip.

Strengthening the upper body, triceps in particular.

Stabilising, strengthening and mobilising the shoulder joint and mobilising and strengthening wrists and ankles.

Improving balance, posture and postural awareness and focus.

Strengthening core muscles and spine stability muscles.

Reducing the risk of injuries such as ankle sprains or knee pain by strengthening and mobilising.

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Speeding up recovery from injuries.

Common errors and/or weaknesses to be aware of:

The errors to be aware of are similar the ones in the Crab Walk.

- Heading sinking into the shoulders. As with the Crab Walk neck should be lengthened and shoulders stabilised, with lats activated. Make space between the ears and the shoulders.

- Hips are too low.

- Not transferring the body weight before attempting to lift the limbs off the ground. To be able to lift a part of the body, 100% of the weight has to be carried by the other parts of the body to "unlock" the one you want to lift.

Notes:

It is very important to remember to lengthen the head out of the shoulders (i.e. make space between the ears and the shoulders). This activates the lats muscles, stabilises the shoulder joints and avoids shoulder injuries.

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