

Thoracic Matrix With Bar

Step 1: Start with feet shoulder width apart and weighted bar in hand.

Step 2: Step forward, leaning torso forward toward feet.

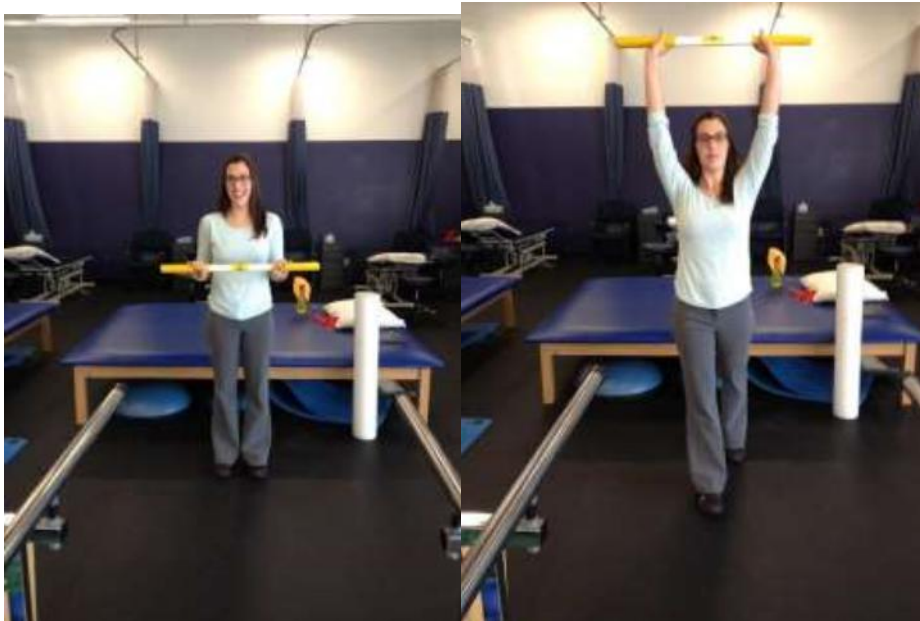
Step 3: Repeat 10 times each leg.



Step 4: Start with feet shoulder width apart and weighted bar in hand.

Step 5: Step forward bringing weighted bar overhead and extending trunk.

Step 6: Repeat 10 times each leg.



Step 7: Start with feet shoulder width apart and weighted bar in hand.

Step 8: Step left leg out to left and rotate torso to right.

Step 9: Repeat 10 times.



Step 10: Start with feet shoulder width apart and weighted bar in hand.

Step 11: Step right leg out to right and rotate torso to left.

Step 12: Repeat 10 times each leg.



Step 13: Start with feet shoulder width apart and weighted bar in hand.

Step 14: Step right leg out to right, rotate torso to the right.

Step 15: Repeat 10 times.



Step 16: Start with feet shoulder width apart and weighted bar in hand.

Step 17: Step left leg to left and rotate torso to left.

Step 18: Repeat 10 times.



Step 19: Start with feet shoulder width apart and weighted bar in hand.

Step 20: Step right leg out to right and side bend torso to right.

Step 21: Repeat 10 times.



Step 22: Start with feet shoulder width apart and weighted bar in hand.

Step 23: Step left leg out to left and side bend torso to left.

Step 24: Repeat 20 times.



Step 25: Start with feet shoulder width apart and weighted bar in hand.

Step 26: Step leg left leg out to left and side bend torso to right.

Step 27: Repeat 10 times.



Step 28: Start with feet shoulder width apart and weighted bar in hand.
Step 29: Step right leg out to right and side bend torso to left.
Step 30: Repeat 10 times.

