

## Standing Supported Bilateral IO/TA



1. Stand against a desk or counter with both feet on a 2-inch block and a ball between your knees. Look straight ahead.
2. Place your hands on the surface in front of you, and round your back by tucking your bottom under you.
3. Inhale through your nose, and as you exhale through your mouth, press your hands into the surface in front of you. You should feel your outer abdominals engage.
4. Keeping your outer abdominals engaged, pull your toes up, keeping your weight through your heels and squat down, bending both knees. You should feel the muscles on the front of both thighs engage.
5. Hold this position for 4-5 breaths, in through your nose and out through your mouth. On each inhalation, attempt to fill or expand your upper back chest wall with air.
6. On the final exhale, push through your heels and straighten your legs, keeping your abdominals engaged.
7. Relax and repeat 4 more times.

**Reference Center(s):** *Left abdominals, Left heel, Right arch*