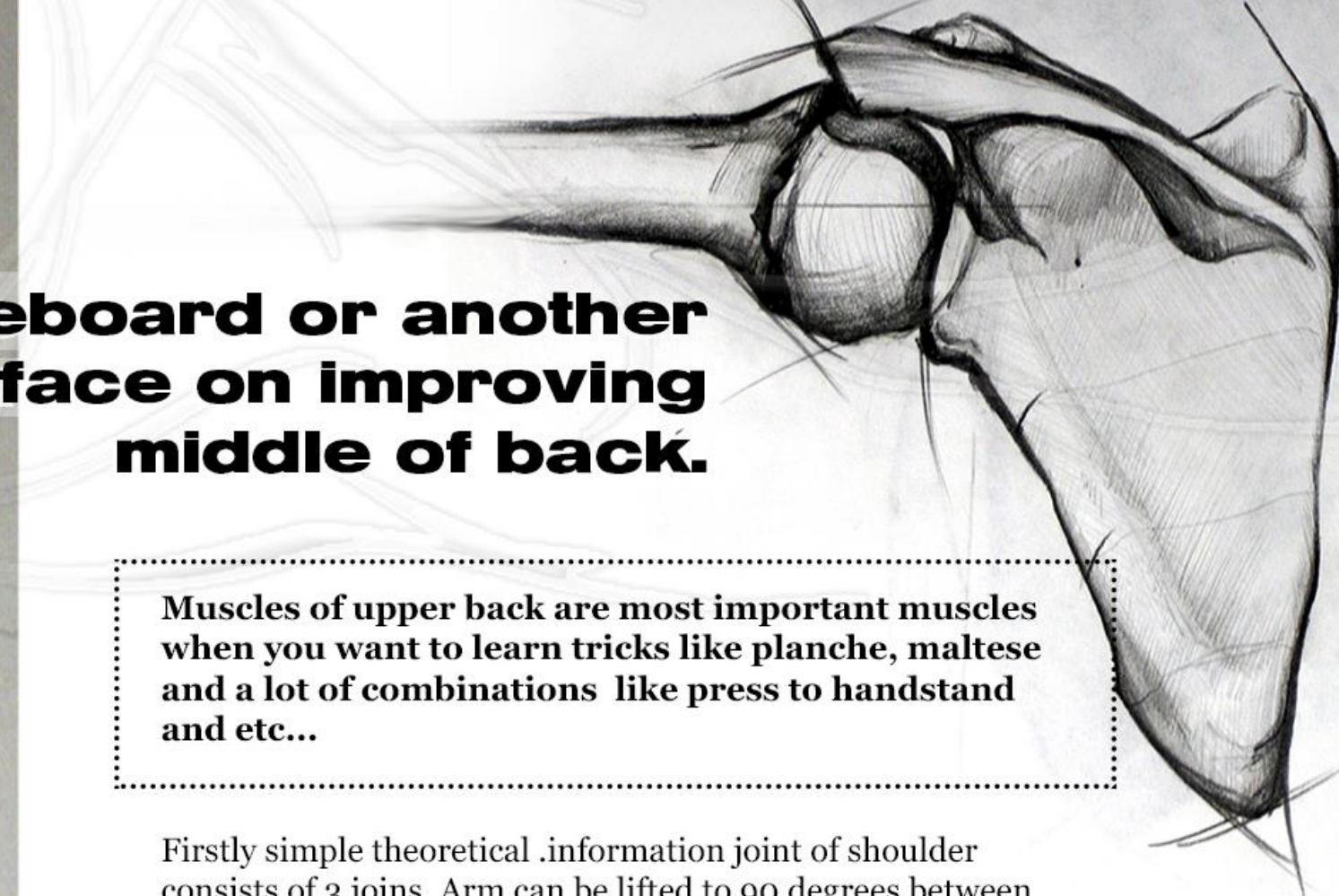
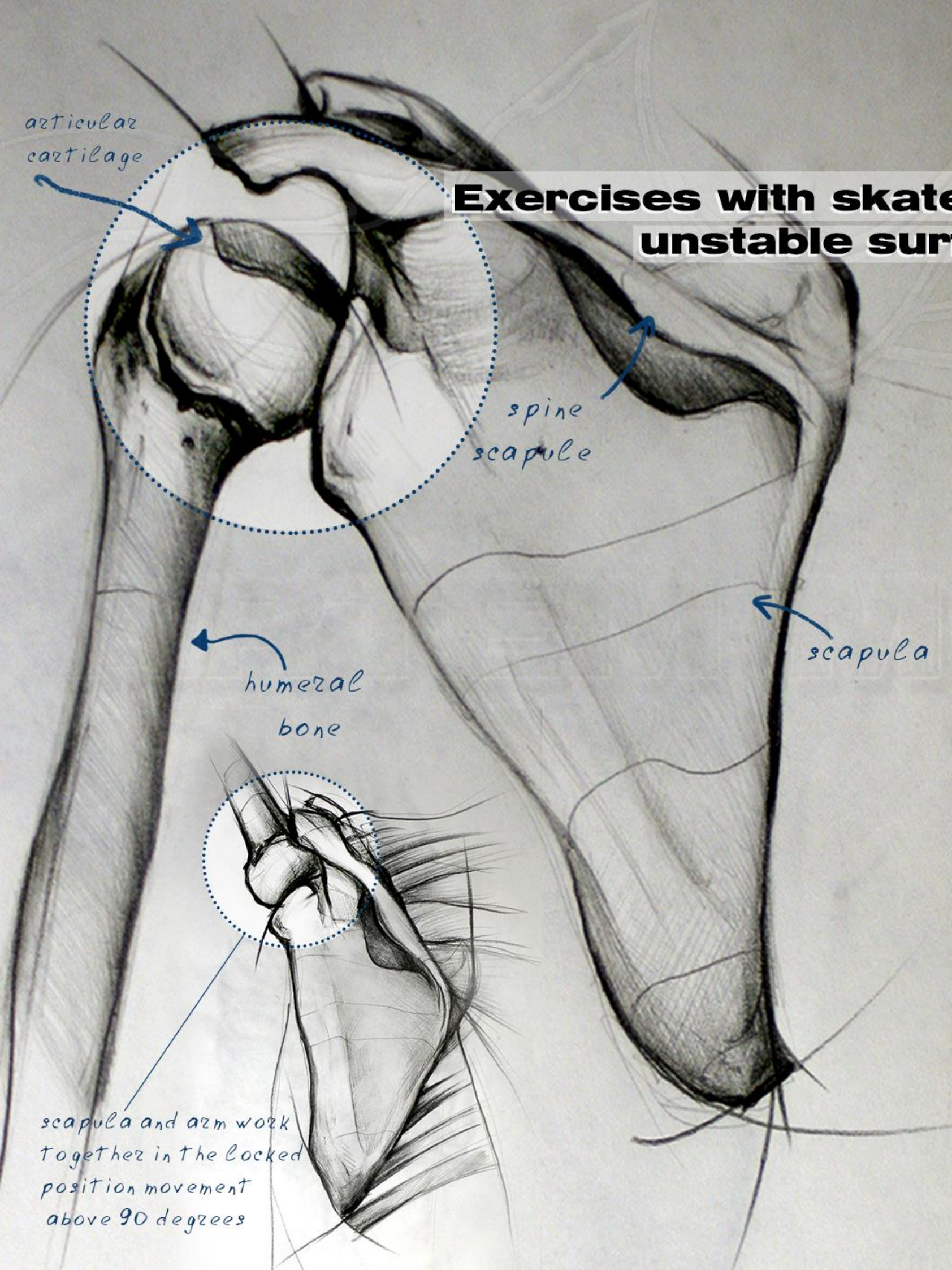


Artem Marazov

# Tutorial to improve the skills of the upper back.







Muscles of upper back are most important muscles when you want to learn tricks like planche, maltese and a lot of combinations like press to handstand and etc...

Firstly simple theoretical information joint of shoulder consists of 3 joints. Arm can be lifted to 90 degrees between body and arm then joint is blocked. After that scapula and arm work together in the locked position movement above 90 degrees is achieved by turning scapulas. Trapezoid muscles and subscapular muscles involved in this movement automatically because of joint is locked. This work of muscles approx same like in a lot of tricks in calisthenics: press to handstand for example. In planche and maltese positions angle between arm and body less than 90 degrees, so muscles of upper back can't work automatically because of joint is unblocked. You have to force the strain trapezius dorsi to prevent the failure of the spine and consequently reduce the burden on the shoulders and fix technique. That is why this exercises very important for improving skills in planche and others tricks.

### SKATEBOARD

Skateboard increase the burden on shoulders and upper back, and also give more burden on abdominal, which help you to build good core. So with this exercises we reach a lot of goals.

### EXERCISE

- Squeezing the spine ● Leaning forward ● Lift up waist from leaning forward





## Squeezing the spine

### THEORY

In this exercise, the focus is on the upper back especially on muscles which hold a scapulas and trapezoid muscles.

### TECHNIQUE

initial position: waist closed, press tense, the shoulders don't move forward.

motion: waist closed, ABS tense, the shoulders and back into initial position, the upper back is rounded, then you should relax upper back and descend your spine down so low as you can without bending arms. Next phase is up your upper back in initial position only with force of your upper back muscles.

### ATTENTION

you should feel your upper back after exercises, try to check a motion with mirror







## Leaning forward

### THEORY

In this exercise, the focus is on the upper back and shoulders. When properly executed, load supplies the shoulders, front delts and small muscles holding the spine in the plane of the shoulder (the pressing blade).

### TECHNIQUE

initial position: waist closed, ABS tense, the shoulders don't move forward.

motion: waist closed, ABS tense, the shoulders move forward as much as possible and then back into initial position. The upper back is rounded, the back muscles which press the blade and muscles retaining the shoulder (wings) are stretched. Pay attention to your upper back; your spine should be pressed up with the help of upper back muscles.

### ATTENTION

You should hold a hollow back position during all motion. Work only with shoulders. Try to hold forward position 3-5 sec.



# Lift up waist from leaning forward

## THEORY

In this exercise, the focus is on the upper back. When properly executed load supplies the trapezoid, front deltoids and small muscles holding the spine in the plane of the shoulder (the pressing blade).

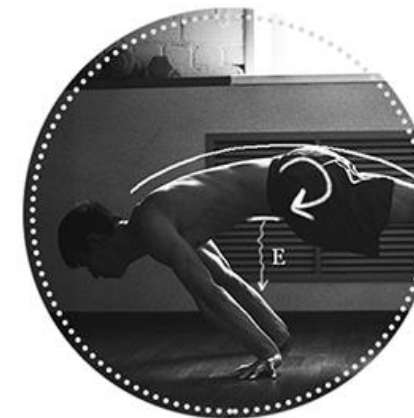
## TECHNIQUE

Initial position: waist closed, ABS tense, the shoulders move forward as much as possible, the upper back is rounded, the back muscles which press the blade and muscles retaining shoulder (wings) stretched.

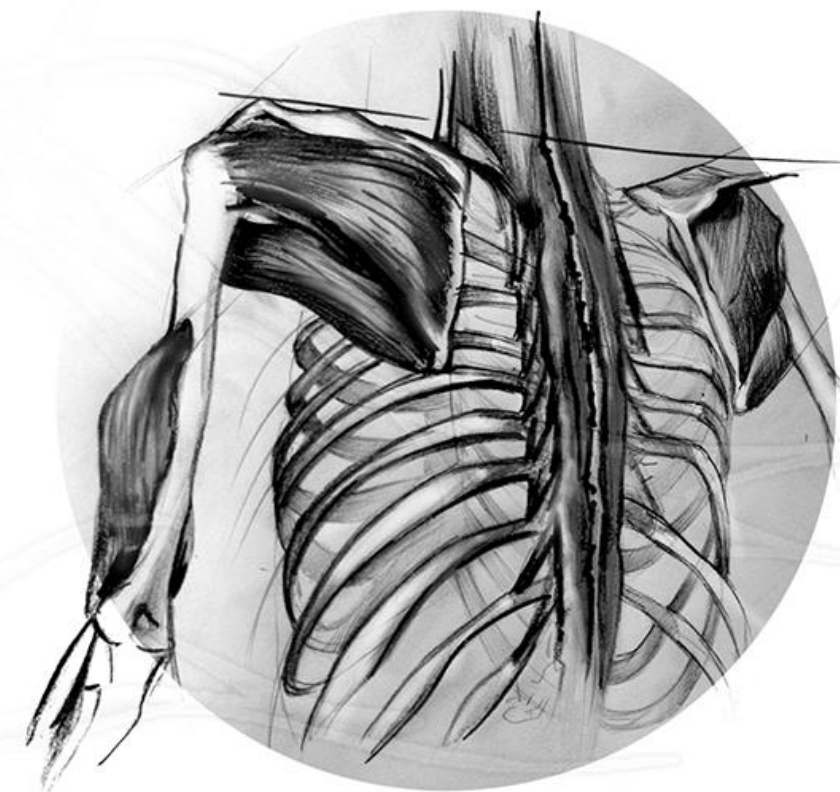
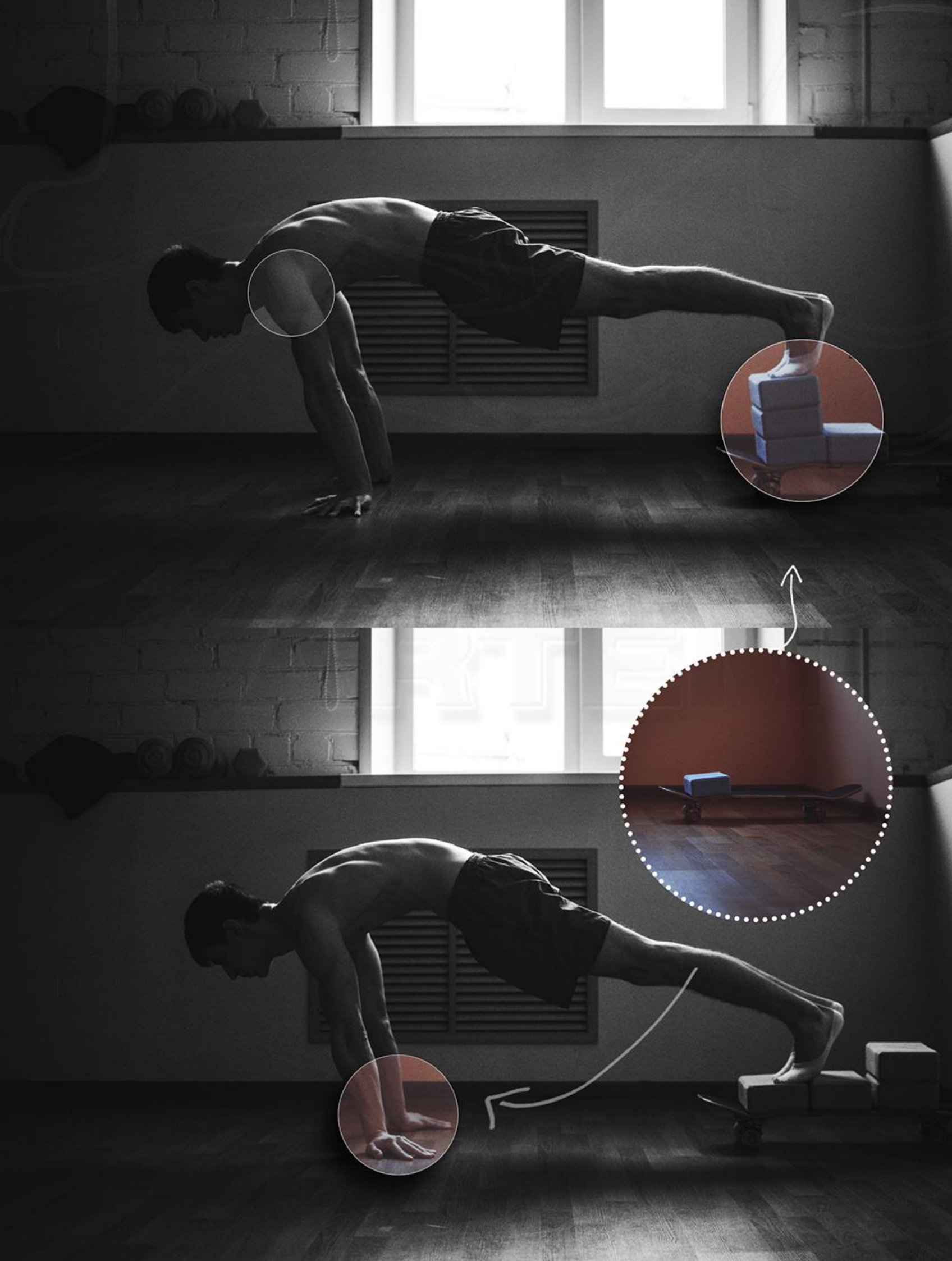
Motion: movement occurs only by the force of the upper back and shoulders, upper back muscles twist back vertebra by vertebra. Shoulders do not give to fall forward and after back movement the start moving toward the feet.

## ATTENTION

You have not to help yourself feet, ABS and waist, they move just because of the lifting of the back. The press does not work on pulling the legs. It is rigidly fixed.







If u want to change the burden and increase difficulty u can change height of feet or turn your wrists like on pic.

Creators:

**Artem Morozov** •

<https://www.facebook.com/gwartem>

**Mariya Bezuglaya** (art and design) •

[mariya.bezuglaya.92@mail.ru](mailto:mariya.bezuglaya.92@mail.ru)

<https://www.instagram.com/bobokelso/>

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