



GROUNDING XT™
CROSS TRAINING the NOOKS & CRANNIES

ANN HEIZER
Functional Fitness

The Heizer Maneuver™

Maneuver: "a procedure or method of working
that involves expert physical movement"

~ Merriam Webster Dictionary

From standing upright to flat on your back
on the floor and back again...

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Widen stance to just beyond shoulder width and stagger the feet by stepping one leg back about 18 inches.



Bend over at the waist (with abdominals engaged) and reach toward the floor ~ pushing the hips back as the knees bend. Use your own knee, a chair or a bed for support if necessary. Keep bending and keep the front knee over the heel to avoid stress on the knee.



Once on the hands and knees ~ distribute weight evenly with hands under the shoulders and knees under the hips.



Sit to one side, holding onto the legs for support with the free hand.



Gently lower to one elbow



~ rolling over onto the back and flat on the floor.



SUPINE: This is a great place to perform more Grounded XT™ exercises!



To roll over onto the tummy: Bend 1 knee and stretch the opposite arm above the head. By pushing through the foot of the bent leg ~ the body rolls over easily. The straight arm indicates the direction of the roll.



Momentum helps to facilitate the easy roll over without the arm acting as a “brake”.



Once on the tummy
(PRONE)



Shift the weight from side to side to bring elbows and knees under the body



Shifting the weight from side to side will make this easier if there is limited upper body or core strength, or if there are presenting knee, hip or back conditions.



Once on the elbows and knees:
Figure out which knee comes forward more easily OR which leg is the strongest and curl the opposite TOE under



MOST IMPORTANT: Once the toe is curled, rock back onto it and feel the stretch in the sole of the foot.



KEEP TOE CURLED UNDER.



To bring the opposite knee forward.. Walk the hands out to the side of the curled toe diagonally and bring the opposite foot forward



When the front foot is placed walk the hands back to the center



Place one or both hands on the front knee, or a chair, bed, or sofa



Push backwards rolling onto the curled back foot. Recruiting the entire body - arms, legs, core, and intention.



Rise like an elevator - the back leg is now able to participate in the motion!



Instead of lurching forward, your path is more vertical, slightly back and infinitely more elegant.



The result.. A fluid easy and graceful moment to standing.

Confidence in the newly established brain pathways and increased kinesthetic awareness

Originator of Grounded XT™ Cross-Training for the Nooks and Crannies™, a semi-seated exercise program, Ann is an independent group fitness instructor and personal trainer for people of all levels and ages. Ann's program is testament to her passion for older adults and her mission to inspire people of any age to improve their wellness ~ the best investment anyone can make!