

CONCEPT

SHORTHAND MUSCLE RELAXATION—SIMULTANEOUS CONTRACTIONS

1. Make tight fists while flexing your biceps and forearms in a “Charles Atlas” pose.
Or, if you feel too conspicuous doing this in your current surroundings, simply tighten all the muscles in your arms as they hang straight by your sides.
Hold the tension; then relax.
2. Press your head back as far as you can.
Roll it clockwise in a complete circle, then roll it once counterclockwise.
As you do this, wrinkle up your face as though you were trying to make every part of it meet at your nose. Relax.
Now tense your jaw and your throat muscles and hunch your shoulders up.
Hold this position; then relax.
3. Gently arch your back as you take a deep breath.
Hold this position, then relax.
Take another deep breath, and this time push your abdomen out as you inhale.
Then relax.
4. Point your toes up toward your face while tightening your calf and shin muscles.
Hold the position; then relax.
Now curl your toes while tightening your calf, thigh, and buttock muscles.
Hold this position; then relax.

