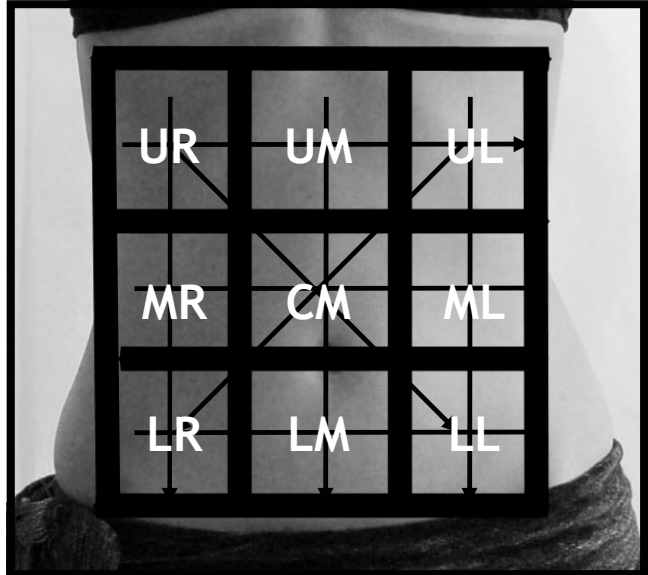




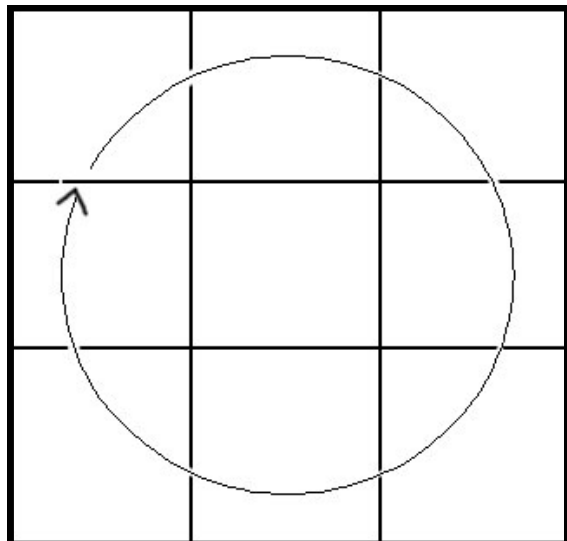
neutral throughout the sequence. You can think of this pathway in terms of what positions the vertical, horizontal, or diagonal rows are maintaining.

Beginning at the Upper Right area and moving around the grid in a CCW fashion (remember that the diagrams are in mirror image), try the following orientations to achieve a circular look to the isolation sequence in the abs.



Circular Abdominal Isolation

- Step 1: Upper Right Out, Center Middle Neutral, Lower Left In
 - Step 2: Upper Middle Out, Center Middle Neutral, Lower Middle In
 - Step 3: Upper Left Out, Center Middle Neutral, Lower Right In
 - Step 4: Middle Left Out, Center Middle Neutral, Middle Right In
 - Step 5: Lower Left Out, Center Middle Neutral, Upper Right In
 - Step 6: Lower Middle Out, Center Middle Neutral, Upper Middle In
 - Step 7: Lower Right Out, Center Middle Neutral, Upper Left In
 - Step 8: Middle Right Out, Center Middle Neutral, Middle Left In
- Also try going in a CW Direction.





In the Ribcage Chapter, you combined Ribcage Figure Eights with follow through Upper Body Undulations. Let's try a similar sequence with Hip Figure Eights and an Abdominal Undulation. You can use this sequence for any Hip Figure Eight that accentuates the horizontal plane, but to keep things simple, try the following example with a basic Hip Figure Eight.

Hip Figure Eight with Abdominal Undulation

Hips F2B, Abs U2D

Step 1: R Hip Twist PTF

Step 2: R Up Hip

Step 3: U2D Ab Undulation

Step 4: L Hip Twist PTF

Step 5: L Up Hip

Step 6: U2D Ab Undulation

Also try Hips F2B with Abs D2U

Hips B2F, Abs U2D

Step 1: R Hip Twist PTF

Step 2: L Up Hip

Step 3: U2D Ab Undulation

Step 4: L Hip Twist PTF

Step 5: R Up Hip

Step 6: U2D Ab Undulation

Also try Hips B2F with Abs D2U

To vary this combination, you could extend the Undulation into a Lower Body Undulation involving the hips or a Full Body Undulation version by originating with the Ribcage.

Now let's explore some advanced combinations of isolations from the Layering Table.

1. Smooth Ribcage Diamond with Abdominal Undulation

Ribcage CCW, Abs U2D

Step 1: R Side Ribcage Tilt Up, Upper Abs Out, Middle Abs Neutral, Lower Abs In

Step 2: Diagonal Ribcage Lift, Upper Abs Neutral, Middle Abs Out, Lower Abs Neutral