

Short Torso Body Sculpting

Special Feature by Teresa Tapp

Spot Reduction for a Trim Torso and Long, Lean Arms



Ever notice how certain women tend to gain weight in their lower body while others tend to gain around their mid-section? We've all heard about "apples" and "pears" but there are more factors involved regarding female anatomical structure than just fat deposits altering silhouettes to resemble fruit. Previously I have discussed basics for body sculpting for those who have trouble keeping saddlebags, thunder-thighs and bubble buns at bay (the "long torso/short leg" body type)but there are just as many "short torso/long leg" women who worry about flat fannies, thick waistlines, and lower tummy pooch. However, all body types can maintain lean, lines with smooth silhouettes by comprehensively working their muscles layer by layer in combination with isometric isolations and spinal torque. It's really very basic, but first, let's understand some anatomical differences between "apples" and "pears."

Wendy and I are both 43 *but* her body frame ("short torso/long leg") is definitely different than mine ("long torso/short leg") By standing next to each other (front, back, side and center) you can easily see the differences. First of *all*, notice that even though I am nearly 7 inches taller than Wendy, the length of her knee-to-ankle is the same as mine. But look how close her bottom rib is to her hip (1 inch) compared to mine (6 inches). Furthermore, compare the length of our necks and the distance between our shoulder-to-waist. It's easy to see that her spine is much shorter.

It only makes common sense that Wendy, with less distance between rib and hip, has less room for her internal organs. In comparison, I have plenty of room so it is much easier for my obliques to "cinch-in"and create a slim waist. Internal organs naturally fall "south" with age regardless of body type due to weak muscles and gravitational pull, but it happens faster with the short torso body frame. Even models with this body type worry about lower tummy pooch! Add childbirth and not only does the lower abdominal cavity expand but so does the rib cage...and when you only have an inch between last rib and hip, a barrel chest/torso shape can occur. It is important for short torso women to maintain muscle strength between ribs or the rib cage can start to expand as early as the mid-30's! And when there is only 1 inch between

last rib and hip, it's important to "condense" the rib cage with strong muscles to trim the torso and slenderize the waist. How? When exercising be sure to inhale /exhale deeply, stretch, and do comprehensive muscle movements like ***T-Tapp Twist, Pull the Weeds and Advanced Hoe Downs***.

Another important factor is pronation of knee (a condition where feet aim outward but knees roll inward to inside of big toe). Since people with short torsos have longer knee-to-ankle distance, pronation is more common and they often stand/walk "knock-kneed". Unfortunately, when the knee rolls inward so does the hip (at ball joint of femur) and muscular imbalance begins. Soon knees start to hurt, abdominals start to "pooch", and fat starts to accumulate at inner thigh and back of upper hip.

Why? Because inactivation of muscle tissue at point of insertion initiates atrophy. Furthermore, when muscle density decreases, the amount of glucose/fat needed decreases so greater fat accumulation starts to occur at affected areas (inner thigh, inner knee, above the knee and back of upper hip). But there *is* a way to regain control and sculpt/spot reduce the body!

Wendy discovered that it's possible just by using the T-Tapp technique known as "KLT" (knee little toe) along with application of isometric isolations during any exercise movement. Initially when pictures of Wendy were taken to demonstrate the short torso body type and to demonstrate ***T-Tapp Twist and Pull the Weeds***, she had only been doing them for 2 weeks. Wendy is an active exerciser who does step aerobics with some weight training 3x a week but... look at the difference in her body (wearing blue/black workout wear) after just 4 weeks of doing ***T-Tapp Twist and Pull the Weeds!*** In fact, after seeing such quick results, she decided to learn the complete ***T-Tapp Workout*** for all over body sculpting. It was perfect timing, since her oldest daughter was getting married and Wendy knew that planning a big wedding would alter her ability to get to the gym. Unfortunately, Wendy only did the ***T-Tapp Workout*** five times because one week after the photo shoot, her father-in-law died from a heart attack. Talk about stress! Weddings and funerals are two of the most stressful events in one's lifetime and Wendy experienced both within 4 weeks! But she didn't gain any weight and even lost inches just by doing ***T-Tapp Twist and Pull the Weeds*** (along with ***Primary Back Stretch***) daily. So we took more pictures to demonstrate how effective these two movements are for successful spot reduction and trimming. Remember to concentrate on form and measure before you begin because after you do these movements every day for 10 days, you will experience inch loss in both your waist and abdomen! Good Luck!

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"Short vs.. Long" - Front View Same knee-to-ankle length



"Short vs.. Long" - Side View Hip Measurement (taken at fullest part of fanny) is the same! 36 inches



"Short vs.. Long" - Back View Notice Neck Length



Wendy - 3 wks. after doing ***T-Tapp Twists, Pull the Weeds and Advanced Hoe Downs***
Aerobic Fashion: Danskin
Photography: Moxie Studios

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T-Tapp Twist - to Trim Torso

Starting Position: Body needs to be in correct anatomical alignment. Place feet approximately 12 inches apart with toes forward, knees bent, and push knees outward (KLT). It is very important to keep this position throughout the entire sequence!



Counts 1-2: One and a half twist to left (count 1 is full twist and count 2 is half twist - i.e.: don't return all the way forward).

Form check: as you twist to left, concentrate to tighten right knee and thigh so right knee doesn't move forward. You might not be able to twist as far back, but the object is to keep both knees bent and facing forward. Goal is to isolate upper body from lower body. Don't shift weight - keep hips equal and facing forward. Just twist upper spine.



Count 3: Full twist all the way to the right until shoulders are "square" to side wall.

Form Check: Keep arms at shoulder height - right elbow should be same height as left shoulder. Keep left knee pushing out and aiming towards little toe. This is very important for anatomical alignment/isolation and sciatica neuro-kinetic transmission. Be sure to keep knees bent and equally and facing forward.



Count 3: Form Check: Even though both knees are bent/facing forward, notice how Wendy's stripe is different from previous photo. This is because her left knee has moved inward to big toe and her left hip has relaxed. For successful inch loss, keep hips and knee isolated to front wall and shoulders "square" to side wall. (This is not easy!)



Count 4: Keeping knees bent, reach down side of right leg behind right knee. Head should be down with neck relaxed. Use right hand to hold left hand to "pull" it behind the right knee. This is to help pull left shoulder into correct position ("square" to side wall) and get optimal torque of the spine. Tighten and push left knee "KLT" as you reach down.



Count 4: Form Check: Even though Wendy is correctly aiming hands behind the knee, she isn't pulling her left arm back. Note how her shoulders are not level - compare to previous photo. Note: this is very difficult to do but not impossible - spinal flexibility and strength will come with practice.

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Counts 5-6-7-8: Keeping head down "roll" up one vertebrae at a time in spinal twist position (shoulders "square" to side wall). As you "roll" up, upper body should face side wall by end of count 8. Most beginners do not have the strength to hold full twist to side wall and end up rotating to the front by count 8. Concentrate to keep spinal torque throughout "roll" up. Keep hands in line from ankles to hip.

Form Check: As you "roll" up, be sure to push out the left knee (KLT) to keep hips isolated. Do not lean or shift weight into left hip. Repeat for a total of 10, but on the 10th rep., stop at ankles (don't roll up). Instead move hands to front of feet.



Transition on 10th rep. after Count 8: Once in this position inhale deep (stretch rib muscles) and exhale complete (contract rib muscles - "condense" rib cage) Keep knees in "KLT"



Set-up for Next Sequence: Assume flat back position with shoulders and hips equal. Put hands on hips (not waist) pull shoulders back and push chest out. Keep head level with neck so entire spine is flat. Toes forward with "KLT". Now you are ready for "Pull the Weeds."

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Pull the Weeds - for Long, Lean Arms



Beginning Position: Maintain flat back and "KLT" as you reach arms down.

Form Check: keep shoulders back and level - don't let shoulders roll forward!



Count 1: Pull elbows up higher than the shoulder. Aim elbows forward to front wall as you pull up and keep fist in alignment with elbow.



Count 1 - Advanced Level: As you gain strength, aim elbows further to front wall (feel the triceps!) with fist pushing back. This helps elbow move forward and activates comprehensive use of triceps and deltoid muscles.



Count 1 - Incorrect Form: Most common error is elbows pull back instead of forward with wrist in front of elbow. Also shoulder/upper body higher than hip is incorrect.



Head Rock: Beginning Position: Grab calf with hands; keep elbows out. Relax neck.



Count 1-2-3-4: Keep elbows/arms "tight" as you gently lift head and relax it for a total of 4. Concentrate to keep "KLT" for safety of the neck! Then drop hands and proceed to "roll" up.



Advanced Level Head Rock: Once you gain strength/flexibility, it is ok to fully rock head as shown. As long as you maintain correct "KLT" and keep elbows pushing forward/outward with arm muscles tightening, you will not hurt your neck.

Short Torso Body Sculpting

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A



B



C



D

Counts 5-6-7-8: As you "roll" up, keep head down with chin tucking in. "Reach" arms down and tuck fanny as you concentrate to "roll" up one vertebrae at a time.

Count 7: shoulders should be back but the head should be down as shown in photo A.

Count 8: head comes up as shown in photo B. Proceed to roll shoulders twice. Really reach up as shown in photo C and back up shown in photo D.

Form check: Keep fanny tucked and push "KLT" through entire "roll" up and during shoulder rolls! Now do entire sequence to the right (***T-Tapp Twist and Pull the Weeds***). Ready for more abdominal work? Proceed to advanced version of "***Hoe Downs***". A bonus to trim the torso and flatten the tummy.

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Advanced Hoe-downs - Trim Tummy and Torso



Beginning Position: Start with weight on left leg ("KLT") and arms extended as shown in photo with palms rotated forward.



Count 1: Lift right knee chest high with pointed toe.
Form Check: keep fanny tucked as you lift knee and maintain "KLT" with left knee. Keep shoulders back and upper body straight. Weak abdominal muscles can cause upper body to tilt forward as right knee lifts.



Count 2 Extend right foot diagonally across body reaching past left hip and shoulder. Upper body tilts to maintain correct alignment for right shoulder, hip, and knee.

Form Check: Keep "KLT" with left knee!



Count 3: Pull right knee up and across body to right shoulder in diagonal as upper body returns to upright position (this is not easy!). Tighten tummy as you pull knee across body.

Form Check: Don;t tilt upper body forward, keep fanny tucked, and keep left "KLT".



Repeat sequence for total of 10 reps with right knee. Now repeat same sequence but with left knee lifting and extending across body 10 times. Finish with one more set of 10 reps using right leg and then 10 reps using left leg for a total of 2 sets.

Form Check: Keep upper body in upright position (shoulders back) at all times, keep supportive knee bent with "KLT".

Count 4 Drop right knee until toe touches floor.

Form Check: Maintain "KLT" position with left leg!

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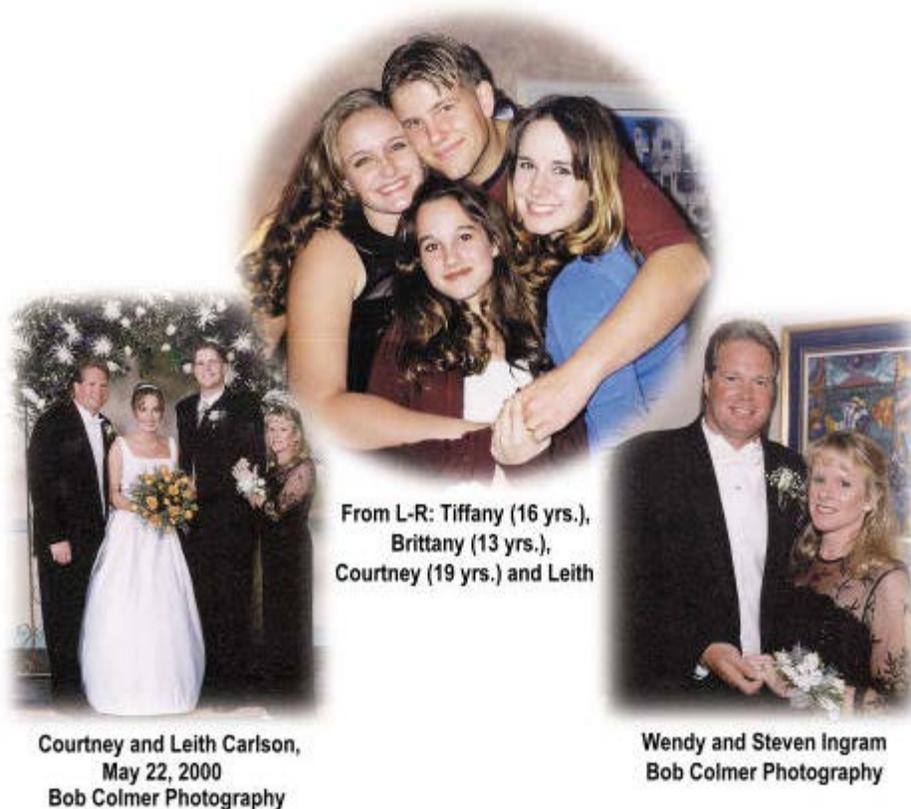
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Meet the Model

Wendy and her husband, Steven Ingram, have been married for 20 years. In addition to running a busy household, she also helps manage her husband's office (Financial Services and Insurance business). Now that the wedding is over, Wendy is finishing her education requirements to receive her own Life Insurance and Health Insurance license. As you can see they have 3 delightful daughters - Courtney (19 yrs.), Tiffany (16 yrs.), and Brittany (13 yrs.) and a great "son" Leith Carlsen. Courtney and Leith were married on May 22, 2000. With nearly 250 guests, the wedding was a beautiful event shared with friends and family. Wedding pictures were taken by Bob Comer Photography and as you can see, they radiate happiness of new life and love only just begun.

Wendy wants fellow Women's Fitness International readers to realize that after 30 days of working out only 5 times and eating too much, she still ended up losing 2 lbs. But more importantly, these exercises made her feel good. "Having an incredibly hectic schedule can bring a person down emotionally and physically, but doing ***T-Tapp Twist, Pull the Weeds, and Advanced Hoe Downs*** always seemed to keep me feeling at my peak - even when I missed a few days. I like T-Tapp's new approach to female fitness...working smarter, not longer and harder...to create body balance emotionally and physically. If I can do it, you can do it!"



From L-R: Tiffany (16 yrs.),
Brittany (13 yrs.),
Courtney (19 yrs.) and Leith

Courtney and Leith Carlson,
May 22, 2000
Bob Colmer Photography

Wendy and Steven Ingram
Bob Colmer Photography

