

Trunk Stability

The main function of the core is to stabilize the trunk during movement. The diaphragm is an integral muscle of the core; therefore, breath is key for effective trunk stabilization.

Face Down Diaphragmatic Breathing

- Inhale to fill the abdominal canister - belly, back, sides
- Pause for 3 seconds at the top and slowly exhale
- Perform 10 breaths



Supine Rib-Hip Connection

- Lie on your back with your knees bent.
- Exhale, pressing your ribcage to the floor, aligning the ring of the ribcage with the ring of the pelvis
- Perform 10 breaths



Supine Bracing

- Place a weight on your belly and set your rib-hip connection
- Cough, or brace your core like you're ready to take a punch in the side - the weight should rise slightly
- Perform 10 breaths without losing the brace



Braced Marches

- Find your rib-hip connection and brace your core
- Alternate leg marches without any movement through the hips or back.

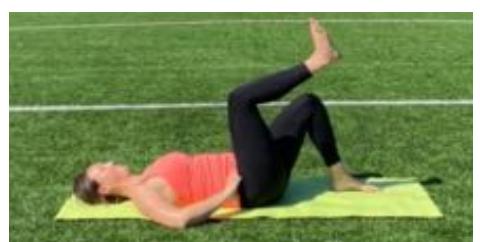


Table Top

- Find your rib-hip connection and brace your core.
- Reach both arms over your shoulders.
- Lift one leg up at a time, without letting your back arch.
- To increase difficulty, reach your legs away from you.



Knee Press Breathing

- Lift one knee and place 2 hands on your thigh, gently press to increase tension
- Maintain rib-hip connection for 3 deep breaths



Postural Basics

Stability is required beyond just supine positions as we build towards more dynamic movements. Maintain your trunk stability, including breath and bracing, through more advanced variations.

Reach and Roll

- Lie on side with top knee on roller (level with hips) and head on pillow.
- Reach top arm out and roll open, turning your upper back and head to follow. Do not let low back rotate.
- Option: Add cactus stretch - In open position, bend elbow to 90 degrees and slowly reach overhead to stretch pec muscle



Glute Bridge

- Align your rib-hip connection and brace your core
- Push feet through floor and squeeze glutes to lift hips up, forming a straight line from knees-hips-shoulders
- Move like a strict hinge; do not move the spine segmentally



All Fours Neutral Spine

- Place hands under shoulders and knees under hips
- Find 3 points of contact on your back with a dowel: head-shoulders-tailbone
- Do not shrug. Push floor away to create strength
- Brace and hold for 5-10 breaths



Birddog Progression

- Maintain All Fours Neutral
- Brace core and lift opposite hand and knee off the ground
- Do not shrug or let body sway
- Practice balancing a ball in your low back



Half Kneeling Stretch

- Place one knee down and one leg in front.
- Most of weight should be on back leg.
- Maintain a tall spine, rib-hip connection in place.
- Perform pelvic tilt on down leg, squeezing glute and lengthening thigh.
- Hold for 60 sec, and close eyes as tolerated



Functional Patterns

We train using functional movement patterns; ie. the movements we use in our day to day activities. Practice moving well using these patterns, then get strong.

Hinge

- Stand with feet hip width apart
- Hinge hips back, maintaining neutral spine on dowel. Knees can bend slightly.
- To stand, push floor away and stand tall, squeezing glutes.



Squat to Box/Chair

- Stand with feet shoulder width apart, toes turned out slightly
- Anchor feet and spread the floor, pulling yourself to a seated position
- Push the floor away to stand tall



Band Row

- Align rib-hip connection
- Pull band/cable and feel shoulder blades retract
- Do not shrug



Elevated Plank

- Place hands under shoulders, toes on ground, and align rib-hip connection
- Brace core and hold for 3 breaths
- The lower the surface is, the harder it will be
- Progression: Pushup - pull yourself down towards counter/bar. Do not shrug or lose neutral spine.



Farmers Carry

- Using hinge, pick up 2 equal weights
- Walk for 30 sec
- Maintain neutral, tall posture
- Use hinge to replace weights

