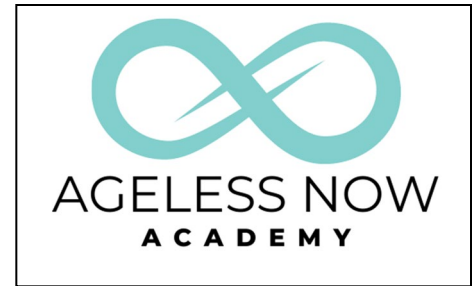


Corrective Core Training for Injury Prevention

Session: 3129 Presented by:

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Why we are so excited to be here?

Our Passion, purpose and perspective, as it relates to training core functionally for an overall functionally strong and pain-free body, is the same not to mention are living proof that a resilient core is everything, at any age!

Session Objectives:

- Our goal is to create conscious movement for a subconscious result
- The program is based on functional science of movement
- We will discuss how posture is dramatically affected by a weakened core
- Why neutral rules
- Present exercises in planes of motion and position that support the program with demonstration of each and why
- Physical gravity and load to explode-demo
- Biological what we are made of and restricting the hips restricts the entire body of authentic movement/demonstrating tucked pelvis restricts movement and breath and the posture we live in
- The test is the exercise and the exercise is the test
- Common postural faults and impact on body:
 - Lordosis: Excessive lumbar anterior curvature (tight hip flexors and calves, weakened gluteus and issues that result in the low back)
 - Kyphosis: excessive curvature in the thoracic spine (forward head posture, tight pectoralis, hamstrings and gluteus, weak core)
 - Scoliosis: abnormal curvature in the spine
 - Behavioral –The arm test
- Neutral spine is where the spine is held in optimum position from the tension of the connective tissue and muscles allowing it to have an equal distribution of force and optimum movement can be achieved naturally
- Fun Fact: Applied Kinesiology as it relates to neutral spine and postural faults and, the psychology/mind-body connection between posture and mental health, a “post-Covid Core” and even aging itself.
 - Tweaking your posture for just 2 minutes even can change your body language and shape who you are –the science and psychology by Dr Amy Cuddy https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are
- Planes of motion and the positions we train the core in:
 - Sagittal anterior and posterior of the body
 - Frontal right and left lateral side of the body
 - Transverse rotational

Positions

Vertical:

1. Sagittal
 - a. Partner ball push
 - b. Lunge with ball in-between chest and thigh gliding
 - c. Lunge holding ball below the front knee or over head
 - d. Squat with ball in between the knees
2. Frontal
 - a. Lateral flexion side to side (with hips abducted instead of adducted)
 - b. Partner standing side by side ball press
3. All three(featuring transverse)
 - a. Partner push one hand with rotation
 - b. Cross back lunge holding ball (load to explode)
 - c. Cross back lunge with Ball and gliding (optional)

Prone:

1. Sagittal
 - a. Kneeling Cat-Cow with abdominal pull
 - b. Plank progressions with ball in-between thighs
 - c. Spinal extension with ball in-between legs
2. Front
 - a. Spinal extension with shoulder abduction-adduction ('pass the ball behind the back, overhead')
3. Transverse
 - a. Thread the needle with ball in-between thighs

Seated:

1. Sagittal
 - a. Ball behind low back extension with varying arm reaches
 - b. Ball behind low back extension with gliding
 - c. Ball behind mid back extension
2. Frontal ball behind back extension arms abducted with lite lateral torso flexion
3. Transverse
 - a. Ball behind low back torso rotation with variation
 - b. Ball behind low back torso rotation with gliding

Supine, Side Lying:

1. Sagittal
 - a. Hip bridge with ball under tailbone
 - b. Toe Taps – Dead bug
 - c. Hip bridge with ball between thighs
2. Frontal
 - a. Hip bridge with side-side hip shifts
 - b. Side lying plank—with side reach, with ball in-between thighs
 - c. Side lying hip lift with ball under torso
 - d. Side lying leg lifts with ball under bottom ankle
3. Transverse
 - a. Side lying hip rotation – 'Figure 8'
 - b. Supine windshield wiper with ball in-between thighs

Core Finale: Circle of Friends

Thank you for Attending and building back our fitness community!!!! Feel your core like never before and no crunches to be found.

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