

BY STEVE DITOMASO & KARI NEGRAIFF

SUCCESSFUL CORE TRAINING



Successful core training begins with the understanding of how to coach and cue the correct pelvic and thoracic posture to create a foundational connection between the hemispheres of the body prior to resisting motion from the appendages. For most core focused exercises the pelvis will be tilted posteriorly through co-contraction of the gluteus maximus and oblique muscles. The thoracic (read: rib) posture should be in-line with the pelvic bowl and void of excessive thoraco-lumbar extension (or rib flare).

Please note that the above postures were referenced with respect to the supine position; however it forms the basis of all core training movements regardless of starting position.



DEADBUG

Ensure hip and knee joints maintain a 90/90 degree flexion (NO hip flexion should be observed in the stationary leg while the opposing leg is in motion). Elbows should face straight back as the arms corkscrew into the shoulder sockets to generate lat tension.

SIDE PLANK + ROW

Ensure the support elbow is directly below the shoulder; grip the ground with the palm and work to create 'lat' tension. The more tension created throughout the body the better. Gripping the suitcase handle, row the sandbag with the top arm- make sure to focus on keeping the elbow tight to the body and to squeeze the shoulder blade 'back and down'



HANDOUT COURTESY OF BCRPA

SUCCESSFUL CORE TRAINING CONTINUED.

NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.

LATERAL BAG DRAG

Begin in a push-up position with hands close enough so that thumbs can touch and feet are spread double shoulder width. The sandbag should be directly below your navel. Create as much 'whole body tension' as you can by stiffening the body; begin to drag the bag laterally across the floor using the end cap handle. As you drag the bag work to maintain level hips by counter rotating your hips toward the side you are pulling the bag to.

Starting from a quadruped position, grip the floor simultaneously with hands and feet. Extend the opposite leg at the same time as you begin to drag the sandbag laterally underneath of you by the endcap handle.



MULTIPLANAR CORE WORKOUT

The following complimentary workouts can be performed prior to a performing your training session or as independent core training. Performing core movements in the sagittal, transverse, and frontal plane will create a balanced foundation for function and performance.

CORE WORKOUT #1

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
1A	DEADBUG	3	5EA	SLOW	30S
1B	SIDE PLANK + ROW	3	10EA	121	30S
1C	LATERAL BAG DRAG	3	5EA	SLOW	30S



STEVE DI TOMASO and **KARI NEGRAIFF** are owners of Envision Fitness in Maple Ridge. They are passionate, lifelong learners with over 20 years of combined industry experience. DVRT Master Instructors since 2012 they use DVRT as their primary platform for exercise programming. They aspire to connect fitness professionals with the means and scientific methodology to provide the ultimate fitness experience for their clientele.