

BY STEVE DITOMASO & KARI NEGRAIFF

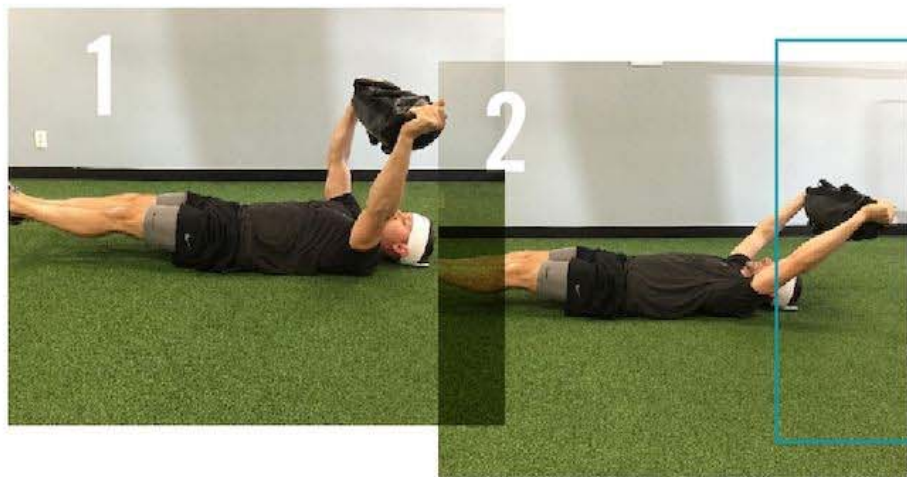
SUCCESSFUL CORE TRAINING PART 2



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.

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STIR THE POT

Work hard to continually press the ribs down toward the floor as the arms and legs move simultaneously away from the body. Move the sandbag in a circular direction around the head and shoulders; keep the elbows straight throughout. The larger the circle, the more difficult the exercise will be.

BIRD DOG + BAG DRAG

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.



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SUCCESSFUL CORE TRAINING CONTINUED.

NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.

HALF-KNEELING ARC PRESS

Grip the floor with both feet and position the sandbag on your shoulder with your hands around the girth of the bag, similar to a 'choke' hold. Press the bag predominately with the 'bottom' arm; ensure the sandbag travels in a vertical line over the crown of the head. As the sandbag transitions past the crown of the head the opposing arm will become the dominate arm in the lowering of the sandbag to the shoulder.



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 #2

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
2A	USB STIR THE POT	3	5L/R	SLOW	30S
2B	USB BIRD DOG + BAG DRAG	3	10EA	SLOW	30S
2C	USB HALF-KNEELING ARC PRESS	3	5EA X2	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.

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