Bender Ball

Ultimate Core

Leslee Bender 2019

Thank you for attending!

What defines the core? It is not crunches!

The Core is the entire body and not only the center. When we look at the body as a whole and not as a part three dimensionally we can make positive changes to it. Many believe the six pack is the ultimate goal but is it functional? A body that can be resilient is the primary necessity for a healthy pain and injury free life!

**Common Core misconceptions Stuart Mc Gill Low Back and Performance**

1. Crunches
2. Lower abs
3. Lifting the legs
4. Core is only on the floor

**LOAD TO EXPLOAD GET TO KNOW YOUR FASCHIA**

Lets talk about your Fascia, Fascia was traditionally thought of as passive structures that transmit mechanical tension generated by muscular activities or external forces throughout the body. An important function of muscle fasciae is to reduce friction of muscular force. In doing so, fascia provide a supportive and movable wrapping like a web for nerves and blood vessels as they pass through and between muscles.[[13]](https://en.wikipedia.org/wiki/Fascia#cite_note-13) Fascial tissues are frequently innervated by sensory nerve endings. Based on this a [proprioceptive](https://en.wikipedia.org/wiki/Proprioceptive) function of fascia has been postulated .that fascial tissues have more proprioceptors in them than those with tendinous properties - are also able to store and release elastic potential energy. In other words fascia transmits energy while muscles transmit force. It is the body’s rubber band effect And when fascia becomes dehydrated from lack of water and movement the body be comes stiff and inefficient. This is one of the components that will age the body very quickly creating scar tissue and lack of mobility in your joints. Fascia needs movement, massage, and hydration to keep it young and supple.

**Starting from the ground up and how the body us affected Looking at all three planes**

S sagittal

F frontal

T transverse

Foot assessment

* Pronation
* Supination
* Both

Knee Assessment

\*valgus

\* Varus

Hip assessment/lumbar/thoracic/cervical

* Lordotic
* Kyphotic
* Scoliosis

**The core as it relates to the center of the body**

**Intrinsic:** deepest, innermost layers of muscles; attach directly to the spine and pelvis; cannot be seen.

All of these muscles collectively stabilize the spine and pelvis They play a large part in keeping your spine ageless!

The **5** most important local core muscles are:

1. Diaphragm

2. Transverse Abdominis (T.A.)

3. Horizontal fibers of the Internal Obliques

4. Pelvic Floor (FL)

5. Multifidus

**The Superficial Core:** the most external or visible muscles which connect to the extremities, that are either, primary movers, assistors or stabilizers in any given exercise. These are the

Primary Global muscles include:

1. Abdominals: Rectus Abdominis, External Obliques, Internal Obliques-Upper Fibers

2. Posterior Torso: Trapezius, Rhomboids, Serratus Anterior, Latissimus Dorsi, Erector Spinae

3. Hips/Pelvis: Quadriceps, Iliopsoas, Quadratus Lumborum, Hamstrings, Gluteus Maximus, Minimus and Medius, Adductors

**The Importance of Proper Breathing Techniques:**

* Crucial for good alignment, back protection, enhance flexibility.
* Activate deep core muscles to help maintain a neutral spine.

**The Diaphragm and Breath:**

The diaphragm is the primary muscle used in the process of respiration: both inspiration and expiration along with assistance from other muscles.

EXERCISES

1. Calf lengthening
2. Glute lengthening
3. Anterior hip lengthening
4. Side lateral torso lengthening
5. Lunges with gliding
6. Plank to pike
7. Twisted plank
8. Ball squats
9. Partner ball press
10. Seated ball anterior extension
11. Side lying
12. Hip opener

Thank you for attending [leslee@bendertraining.com](mailto:leslee@bendertraining.com)