



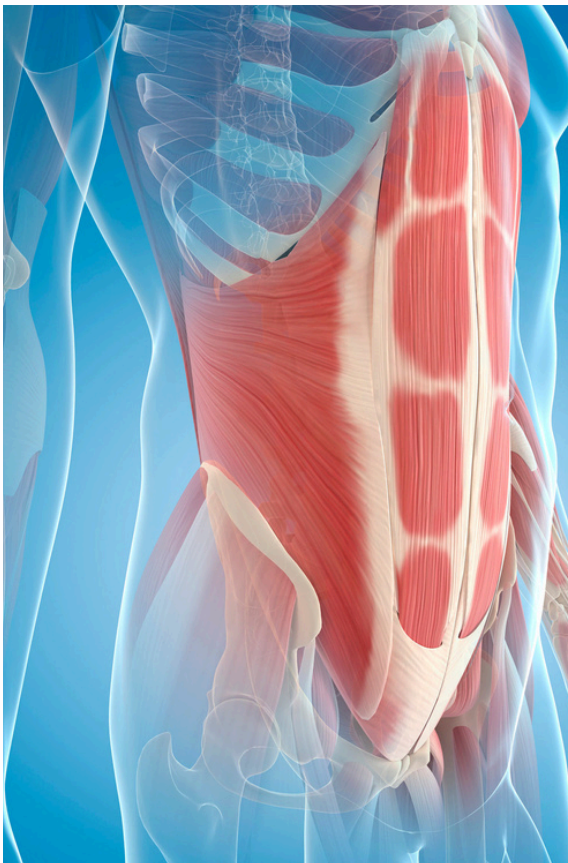
BECOMING GREATER: Strengthening Your Core & Pelvic Floor

Dive into what your core and pelvic floor are and how to strengthen it! Discover ways to strength train your core without doing a single crunch.



WHY IS YOUR “CORE” EXACTLY?

The core canister is composed of four segments: abdominals in the front, lumbar extensors in the back and the diaphragm and pelvic floor which make the top and bottom. The sides are composed of your internal and external obliques. They all work together to brace around the spine with lifting to create stiffness, but also allow flexibility in order to expand and contract as you inhale and exhale fully.



WHAT IS “INTRA-ABDOMINAL PRESSURE” OR “IAP”?

IAP is the steady state pressure that is contained within the core canister. It results from a build-up of pressure between the resistance of the abdominal wall and surrounding tissue. The pressure changes with breathing, resistance and when your muscles activate.

Increasing pressure occurs with breathing in, holding your breath, adding weight, compressing the core canister and activating the core musculature.



Abdominal bracing is the foundation for strength

• Unknown

HOW DO I BRACE AND ENGAGE MY CORE?

Think about bracing your core like a soda can:

When a soda can is empty and open, you can step on it and it loses its shape and stability really quickly. When a soda can is full and closed, it will hold its shape and stability when you step on it.

Think about your core as a closed soda can so you fill your belly with air and then tighten your core canister around that air to create stability and increase abdominal pressure.



CUES FOR BRACING:

- Place your finger tips on your stomach just outside your navel
- Cough or laugh or brace like you're going to get hit in the stomach and feel those muscles under your fingers engage
- This is called a TrA, or Transverse Abdominus Brace

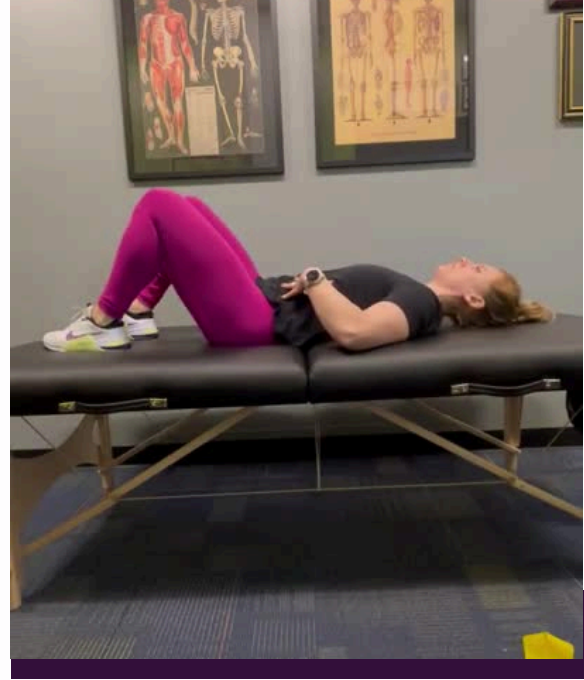
CORE BRACING: PHASE 1



SUPINE TrA BRACING WITH BREATH WORK

Equipment: none

1. Lay flat on your back, preferably on a firm surface. Keep your knees bent and place your hands on your lower abdomen, just outside your navel for feedback from the muscles.
2. Take a slow breath in through your nose allowing your belly and ribcage to expand.
3. Exhale slowly drawing your abdominal muscles in toward your navel and maintaining a neutral spine (avoiding excessive arching or rounding of the lower back). Hold the exhale for ~5 seconds.
4. Try to keep your upper abdominals, glutes and thighs relaxed.
5. Repeat with each breath.



SUPINE TrA MARCH

Equipment: none

1. Lay flat on your back, preferably on a firm surface. Keep your knees bent and place your hands on your lower abdomen, just outside your navel for feedback from the muscles.
2. Take a slow breath in through your nose allowing your belly and ribcage to expand.
3. Exhale slowly drawing your abdominal muscles in toward your navel and maintaining a neutral spine (avoiding excessive arching or rounding of the lower back).
4. While maintaining the brace, lift one leg off the floor, keeping your knee bent bringing knee to chest. Lift the other leg in the same manner. Return the first leg to the floor and repeat with the second.
5. Continue this pattern of alternating marches

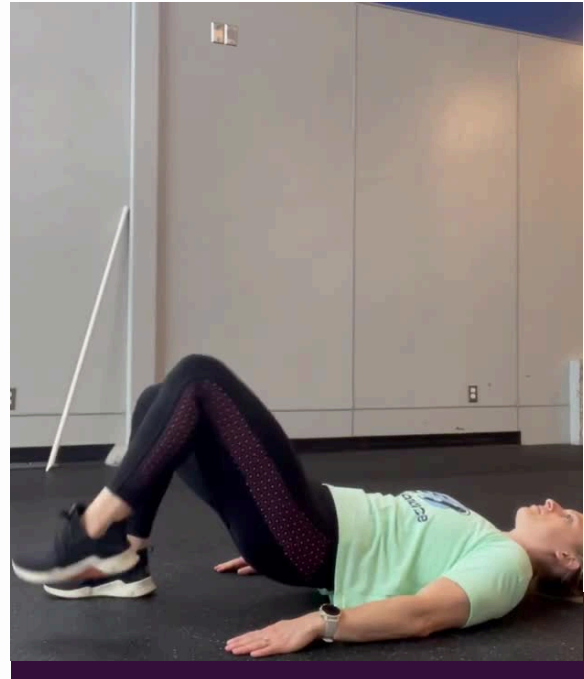
CORE BRACING: PHASE 2



BIRD DOG - IN QUADRUPED

Equipment: none

1. Start on hands and knees.
2. Press the ground away with your hands and knees and brace your core as described above with a TrA contraction.
3. Extend your right arm, reaching in front of you and simultaneously extend the left leg behind you.
4. Work to keep your back flat. Lift your limbs only as high as you can without arching or rounding through your back, or losing the TrA contraction.
5. Slowly return to the hands and knees starting position and repeat with the opposite arm and leg
6. Alternate sides in the same manner.



BRIDGE - TrA MARCH

Equipment: none

1. Stand on one leg, near a wall or solid upright for support (if needed)
2. Hinge forward at your hip, keeping your torso rigid and aligned between your shoulder and hip
3. The work is to rotate about the axis of the stance leg to turn your body first toward the inside of the leg, then rotate the opposite direction away from the leg
4. As you end each rotation, you are trying to stack your body perpendicular to the stance leg
5. Repeat all repetitions on one side before switching legs

CORE BRACING: PHASE 3



1/2 WINDMILL

Equipment: dumbbell or kettlebell

1. PSet up in a half kneeling position, one leg forward and the other leg bent behind him.
2. Hold a weight in the hand of the leg that is forward and press it up overhead, pressing hard to the ceiling. Keep your core braced with the TrA contraction.
3. Reach the hand without the weight down toward the floor, about halfway between your knee and hip.
4. Once your hand touches the ground, use your hip and core strength to return to the starting position.



FARMER'S CARRY MARCH

Equipment: dumbbells or kettlebells

1. Stand tall holding a weight in each hand.
2. Engage your TrA brace from the previous movements. Work to maintain a neutral spine and keep your chest upright.
3. Alternate marching each leg up and down. You can either march in place or take small forward steps.
4. The weight you choose should allow you to maintain your TrA bracing

CREATE A KILLER CORE ROUTINE

HOW TO PUT IT ALL TOGETHER

You now have all the foundational pieces, but you need to know how to bring it all together.

Remember that this is just a guideline. The goal would be that you can start with the lowest suggested number of repetitions for each phase and gradually build from there.

Complete each phase 2-3x per week for 2 weeks before moving on.

PHASE 1:

Complete 2-3 rounds

5-10, 5 second holds of TrA

Contraction with Breathing

5-10 TrA Contraction with Leg March on each leg

PHASE 2:

Complete 2-3 rounds

5-10 Bird Dog each arm/leg

5-10 Bridge March - each leg

PHASE 3:

Complete 2-3 rounds

12-16 Farmer's Carry March each leg

5-10 1/2 Kneeling Windmill each side

PROGRESSIONS: Use the TrA bracing with dynamic movement, like squatting or deadlifting



ARE YOU READY TO TAKE IT TO THE NEXT LEVEL?



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your greatest self.**

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why we're the best fit to help you become greater!

We work with you to develop your goals, whatever they may be, and
get back to doing what you love.

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