

Core Off The Floor
Presented by Shannon Fable
Session #225

1. Core Training, In the Beginning : **PREDICTABLE PERFORMANCE**

The “Abs”

- Rectus Abdominis
- External Obliques
- Internal Obliques

Typical “Ab” Exercises

- Crunch
- Reverse Crunch
- Oblique Twists (regular, knees to side, one leg up)
- Full Sit Ups (with feet grounded)
- Partner Leg Throw Downs
- Knee Ups (hanging position)
- Bicycle

Focus

- Quantity
- Spinal Flexion
- Aesthetics and spot reduction

2. Core Training, Present Day: **PROGRESSED PERFORMANCE**

The “Core”

- Rectus Abdominis
- Erector Spinae
- External Obliques
- Internal Obliques
- Transverse Abdominis

Typical “Core” Exercises

- Plank
- Side Plank
- Bridge
- Back Extensions
- V-Sit / Twist (Russian Twist)
- Roll up | Roll Down
- Single Leg Stretch | Double Leg Stretch
- Single Straight Leg | Double Straight Leg

Focus

- Quality
- Spinal Flexion & Extension
- Power and integrity
- Core Hollowing & Neutral Bracing

3. Core Training, What's Next?:

AUTOMATIC ADVANCEMENT

The "Core", redefined

- Rectus Abdominis
- Erector Spinae
- External Obliques
- Internal Obliques
- Transverse Abdominis
- Hip Flexors (psoas major, iliacus, rectus femoris, pectineus, sartorius, etc.)
- Spinal Musculature (quadratus lumborum, paraspinals, trapezius, psoas major, multifidus, serratus anterior, etc.)
- Gluteus Medius & Minimus
- Gluteus Maximus, hamstring group, piriformis
- Hip adductors
- ...and more!

Vertical Core Exercises

- Medicine Balls
- Kettlebells
- BOSU® Ballast Balls
- BOSU® Balance Trainers
- Tubing
- Gliding Discs

Focus

- Quality
- Spinal Flexion, Extension, Lateral Flexion, Rotation
- Multi-Directional, Multi-Planar
- Supine, Prone, Side Lying, Kneeling, Standing, Moving
- Neutral Spine & Out of Neutral Spine
- Core Bracing, Reflexive Bracing

CorEvaluation™ (created by Cameron Chinatti)

INDEPENDENT EXERCISE EVALUATION

1. Does the risk outweigh the benefit?
2. Will the exercise produce fatigue in a timely manner?
3. What is the feasibility of the exercise (population, considerations, space, equipment)?
4. Are the hip flexors overused in the exercise?
5. Do you have options with lever length to accommodate a wide variety of participants?

COLLECTIVE PROGRAMMING EVALUATION

6. Are life-like (3-dimensional) exercises included?
7. Are there balance challenges included?
8. Have you included less stable surfaces or stances to automatically target the core?
9. Have you used a variety of positions in the exercises?
10. Are there both isometric and isotonic exercises included?

Sample Exercises