

#ideaworld



LIMITLESS

Ageless Abs Getting To The Core

PRESENTED BY

With Leslee Bender 2020 IDEA Personal Trainer of the year

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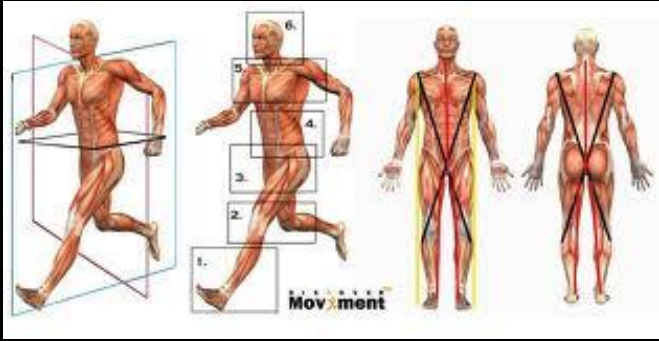
This is an
ageless
core at 93



Objectives:

- Defining the core
- Ineffective exercises that age the spine
- Science
- Fascia
- The feet-core-posture
- Neutral spine is supple spine
- Breath
- Core in the plane of motion





Abs are made in the Kitchen your core is training with a purpose!

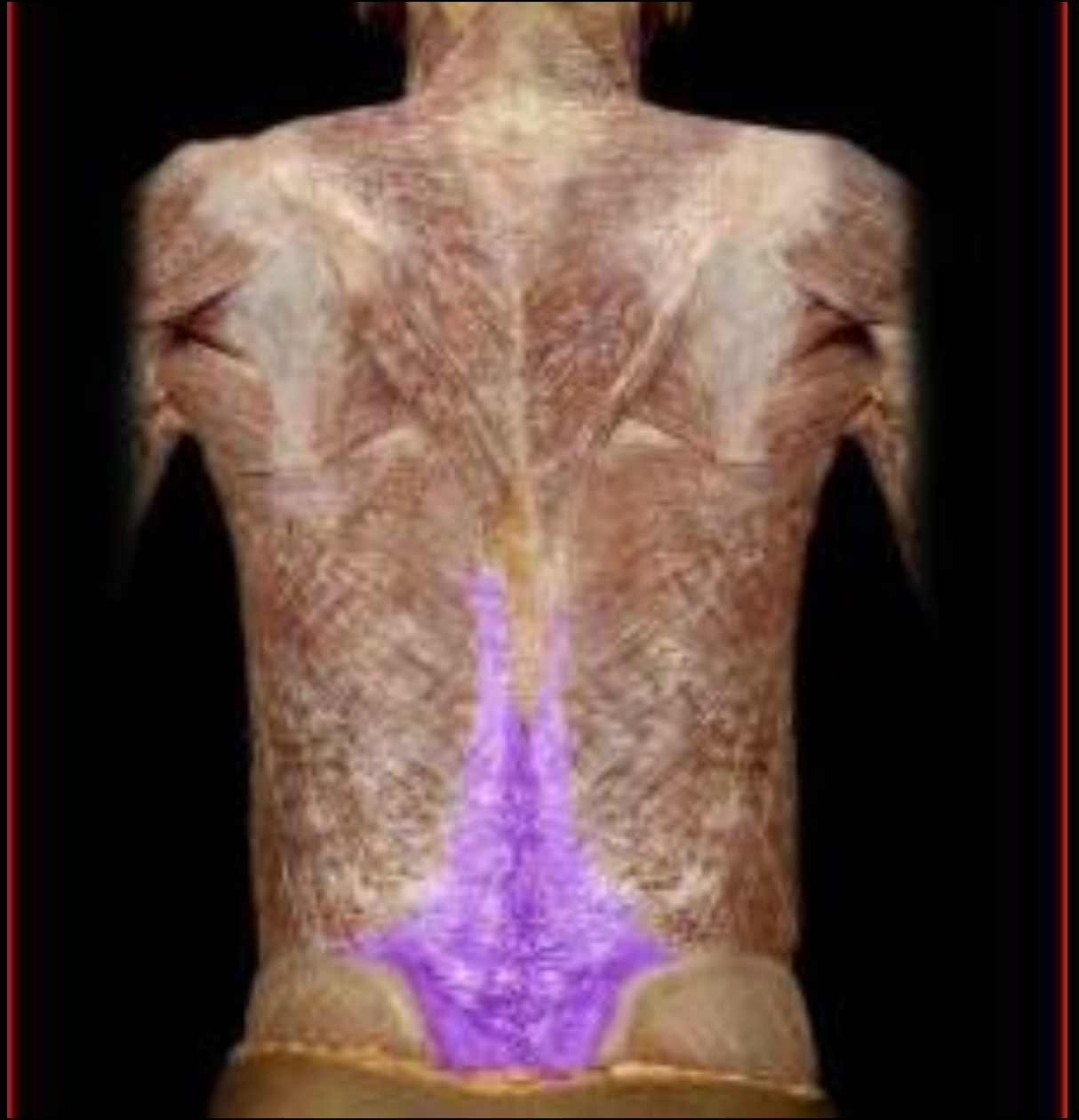
- Obese individuals also have a much greater chance of developing diabetes. According to the American Heart Association, at least **68 percent** of people aged 65 or older with diabetes also have heart disease. [disease.](#)



Decrease Inflammation In Your Body “plants” Juicing

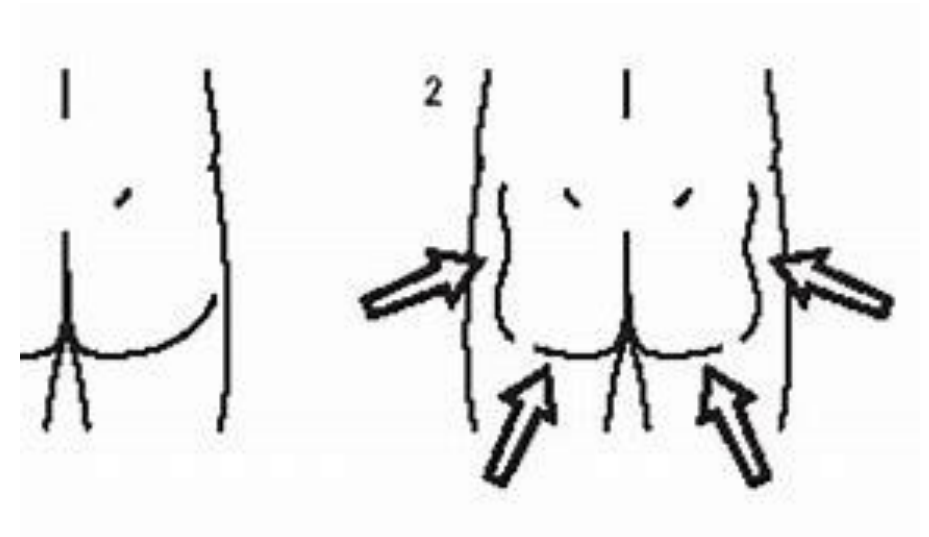
- Ginger
- Turmeric
- Beets
- Carrots
- Celery
- Pineapple
- Kale





Looking at the links of incorrect training

- Compensation of the low back
- Compensation of the neck
- Overutilization of the hip flexors
- Squeezing the glutes resulting in losing neutral spine
- “Tighten your core”



Flexion is the
spines enemy





Journal of Applied Research

- Utilizing the Bender Ball™ will generate 4 times the work in an abdominal crunch per second of exercise
- The degree from flexion to extension was increased from 50 to 90 degrees which can not be accomplished with standard floor crunches or with a Swiss Ball due to its larger diameter and size, thereby giving the Bender Ball a significant advantage in working the muscles harder and at a better range of motion
- www.jrnlappliedresearch.com

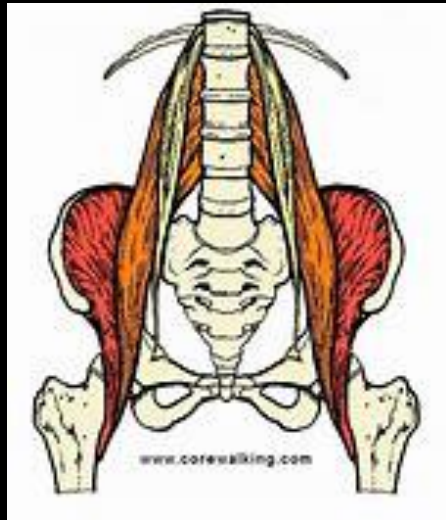


Jim Fitzsimmons
MS, Exercise Science



Crunches do not work and, using a ball incorrectly with exercises based on fads not facts

Overused hip flexors

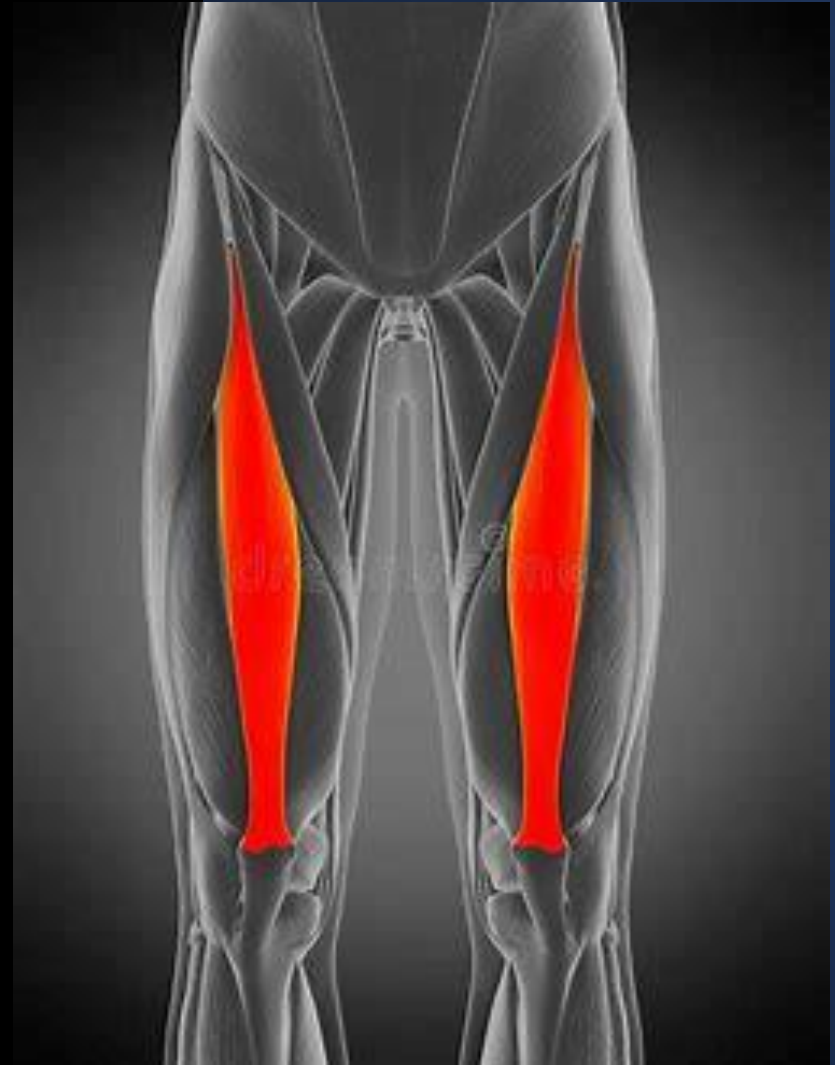


Misconceptions

- Crunches give me a 6 pack
- I can isolate lower abs
- I can isolate only my core
- If you do 100 you will get stronger
- Hip flexors are utilized more than 50% Stuart McGill

Rectus Femoris

- The hip flexor muscles have a different anatomic layout. Instead of inserting at the top of the femur, these 3 hip flexors connect at the knee. It is for this reason that these 3 muscles tend to refer pain further down the leg, and not the lower back like Psoas and Iliacus.
- When shortened can influence the integrity of knee alignment



Science The development of programming

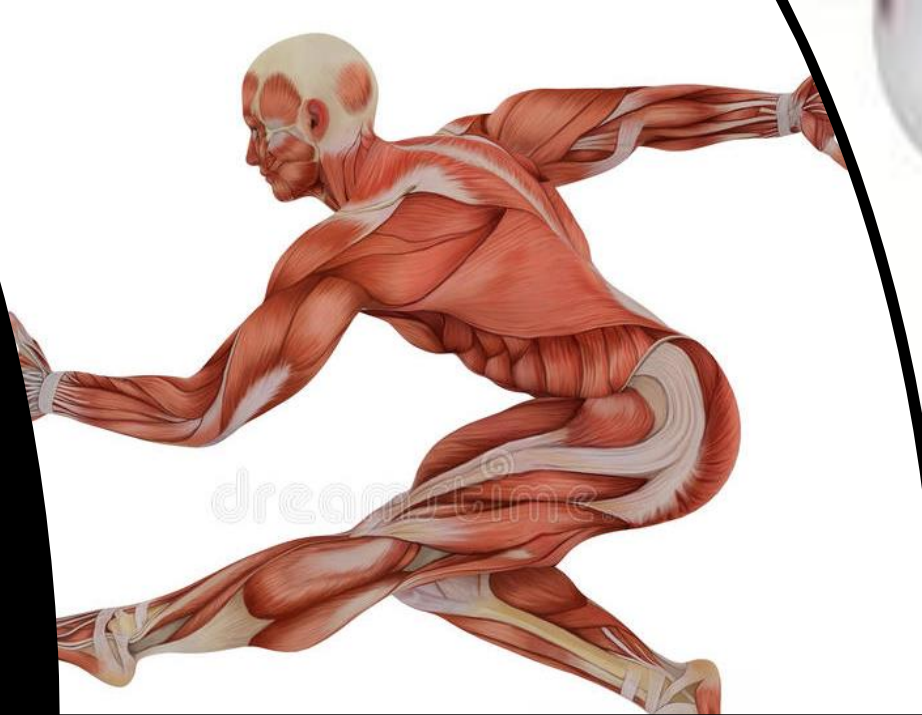


- *Physical* : The exercises move dynamically and, body's core reacts to gravity
- *Biological* The body has to adapt to a demand placed upon it and reacts accordingly resilience
- *Behavioral* Students start to see results

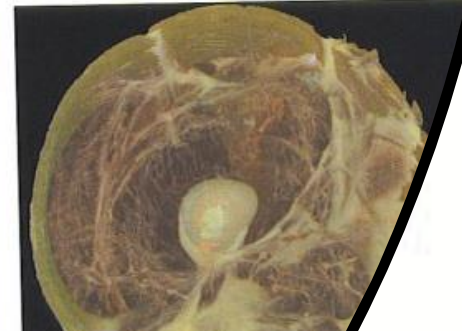


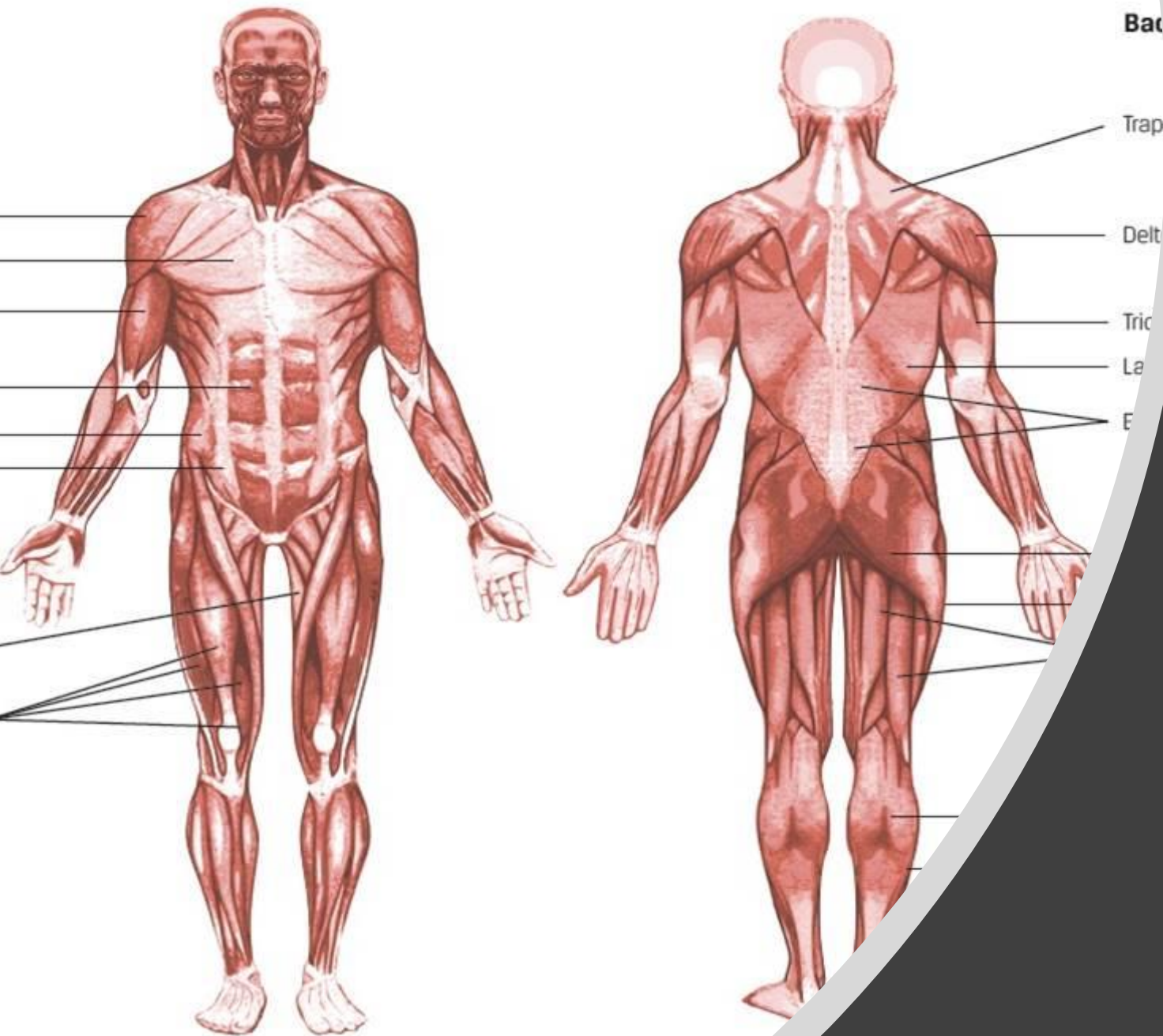
Fascia makes it possible

- Provides stability and motion
- Transmits force
- Minimizes stress on the spine, permits the muscle to function normally to pull not push
- Without fascia we would have no stability or control of the muscles
- Collagen permits movement distributes load between muscles and ligaments
- Posture is dynamic



B

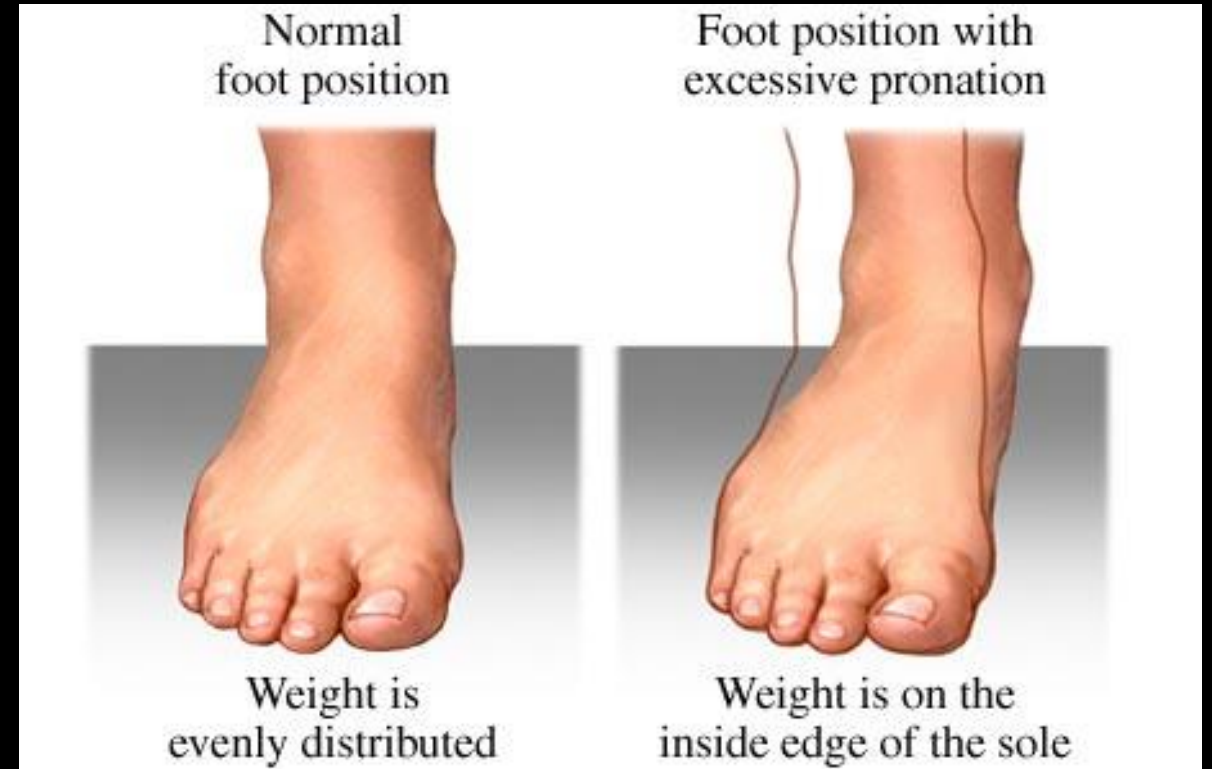




The Core from
the ground up
starting with
your feet

Over Pronation the affect on posture

- Leads to bunions unable to use the big toe
- Leads to flat arches
- Typical in women
- Leads to valgus knees
- Leads to weaker gluteus, tighter hip flexors and adductors
- Leads to lower cross syndrome or, lower back pain
- Lack ability to dorsi flex



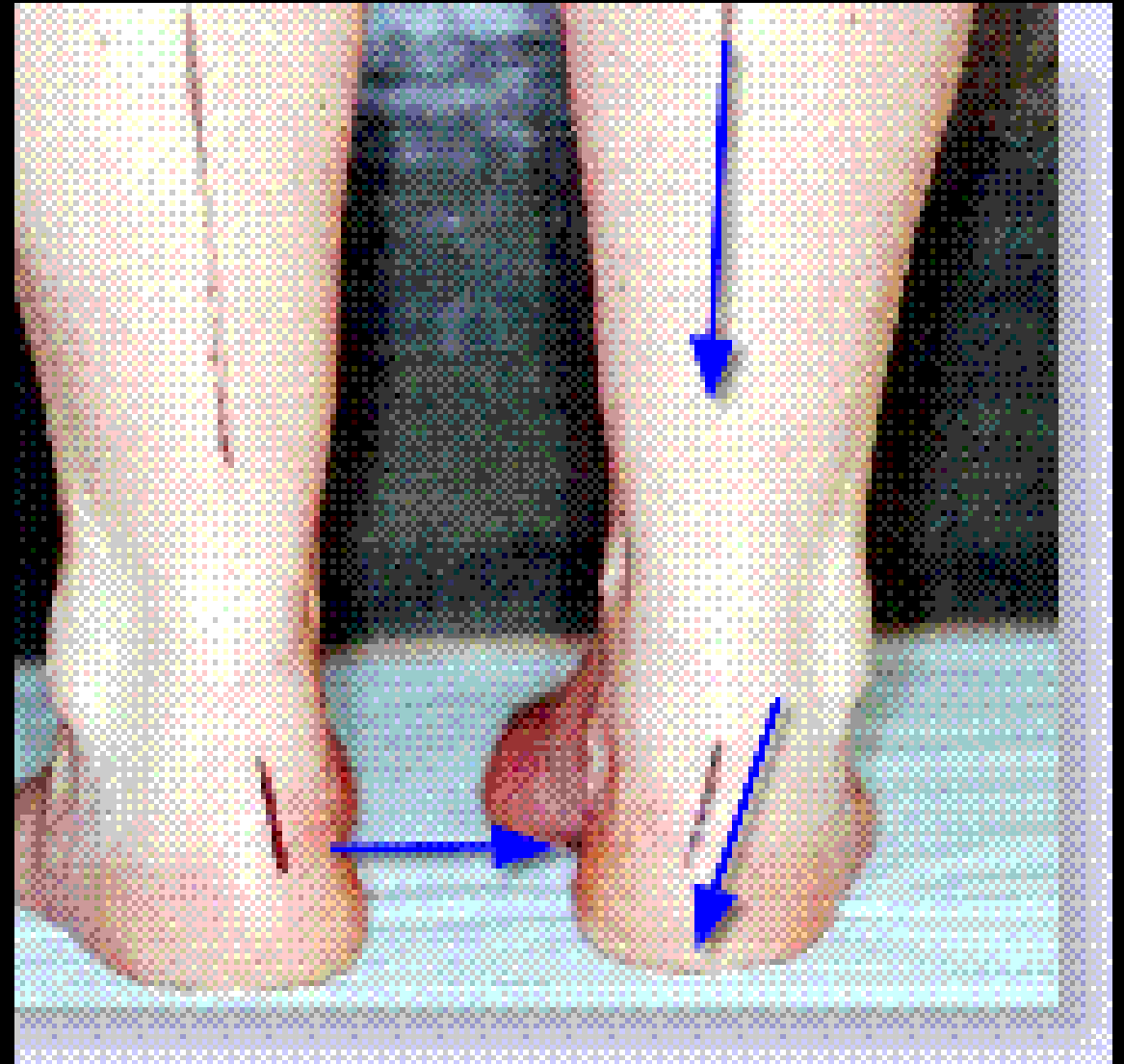
Lower cross syndrome

- Weak glutes, calves abdominals
- Extremely tight hip flexors
- Tight lower back
- Should not be performing supine flexion without support!
- Too much hip flexor exercises shortening them



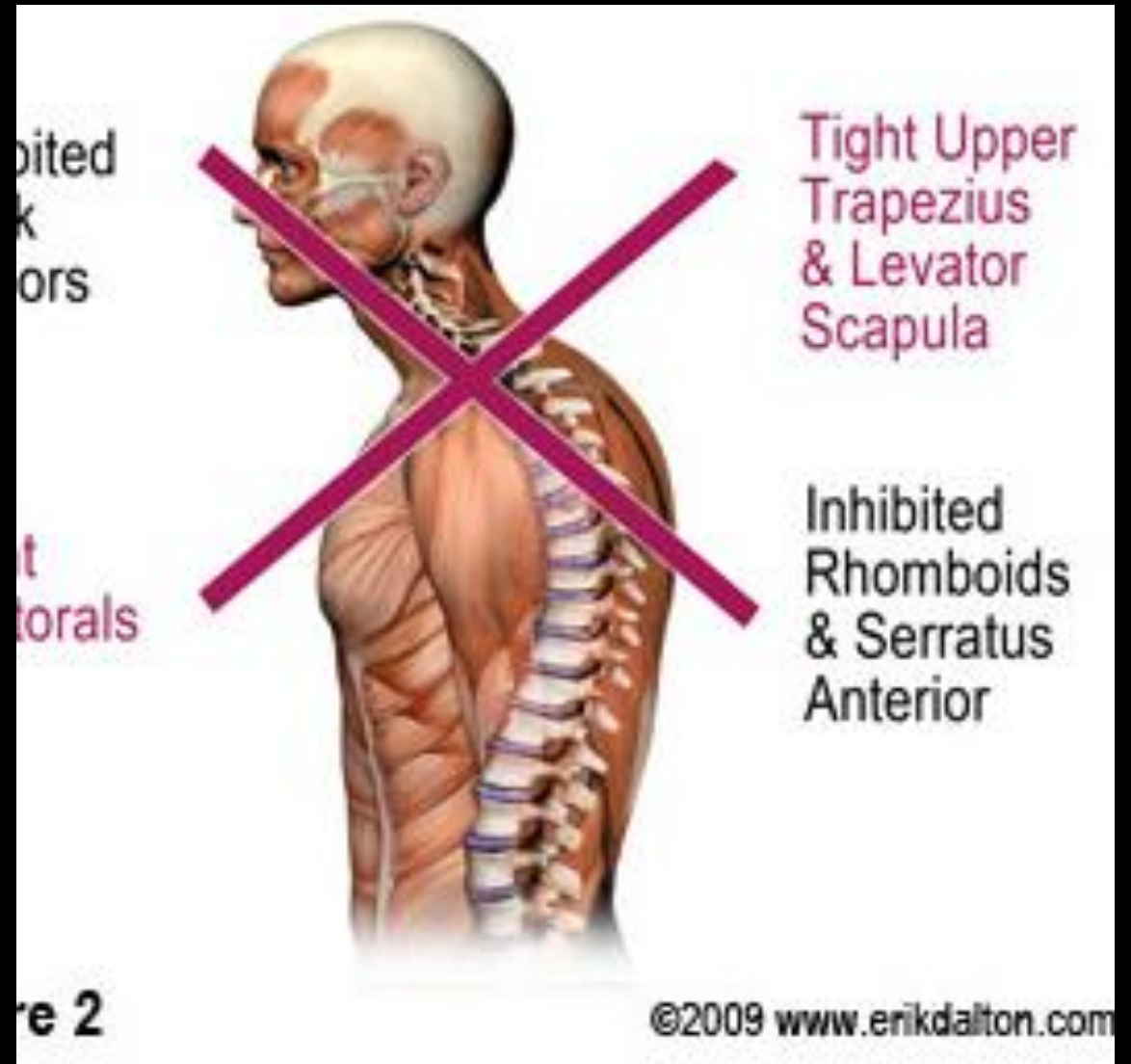
Over Supinated feet

- Higher arch
- Over inversion
- Externally rotated
- Can lead to tight anterior tibialis
- Can lead to tight TFL, Gluteus, Hamstrings
- Leading to posterior pelvis and upper cross syndrome



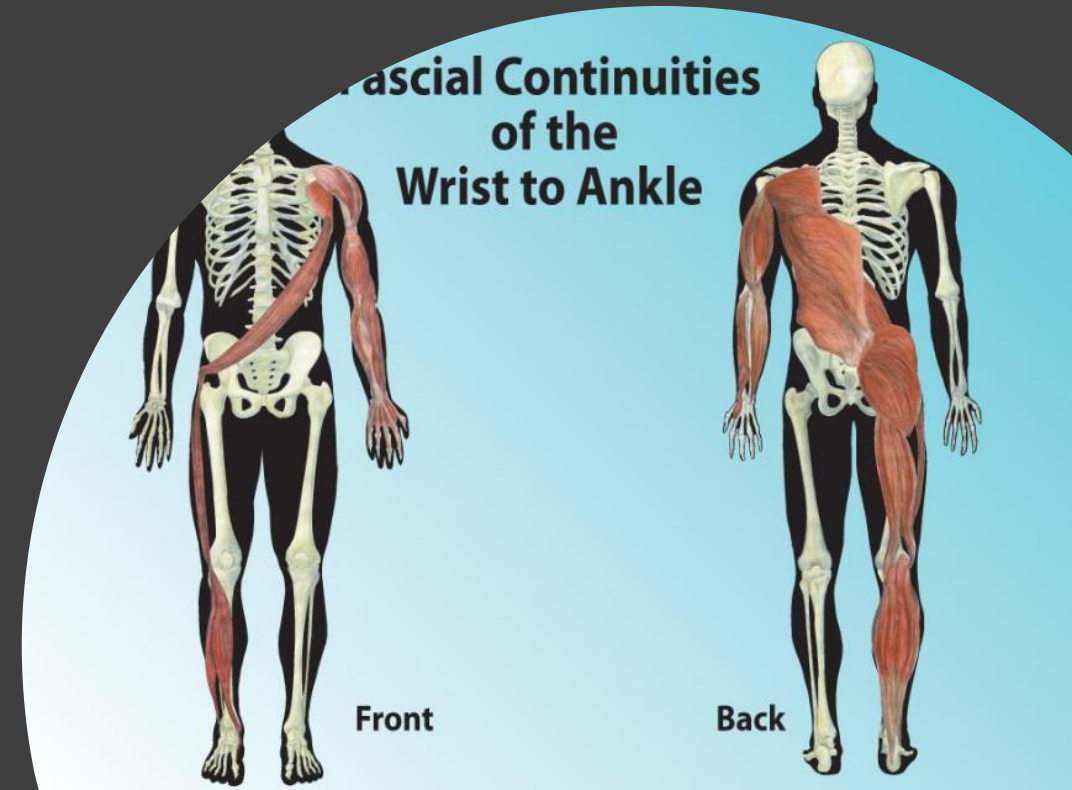
Upper cross syndrome

- Stemming from supinated feet or high arches
- Tight hamstrings and gluteus (all three)
- Should not be lying supine! Already with a forward head posture
- Rotational movement is necessary standing



Begin with the foot

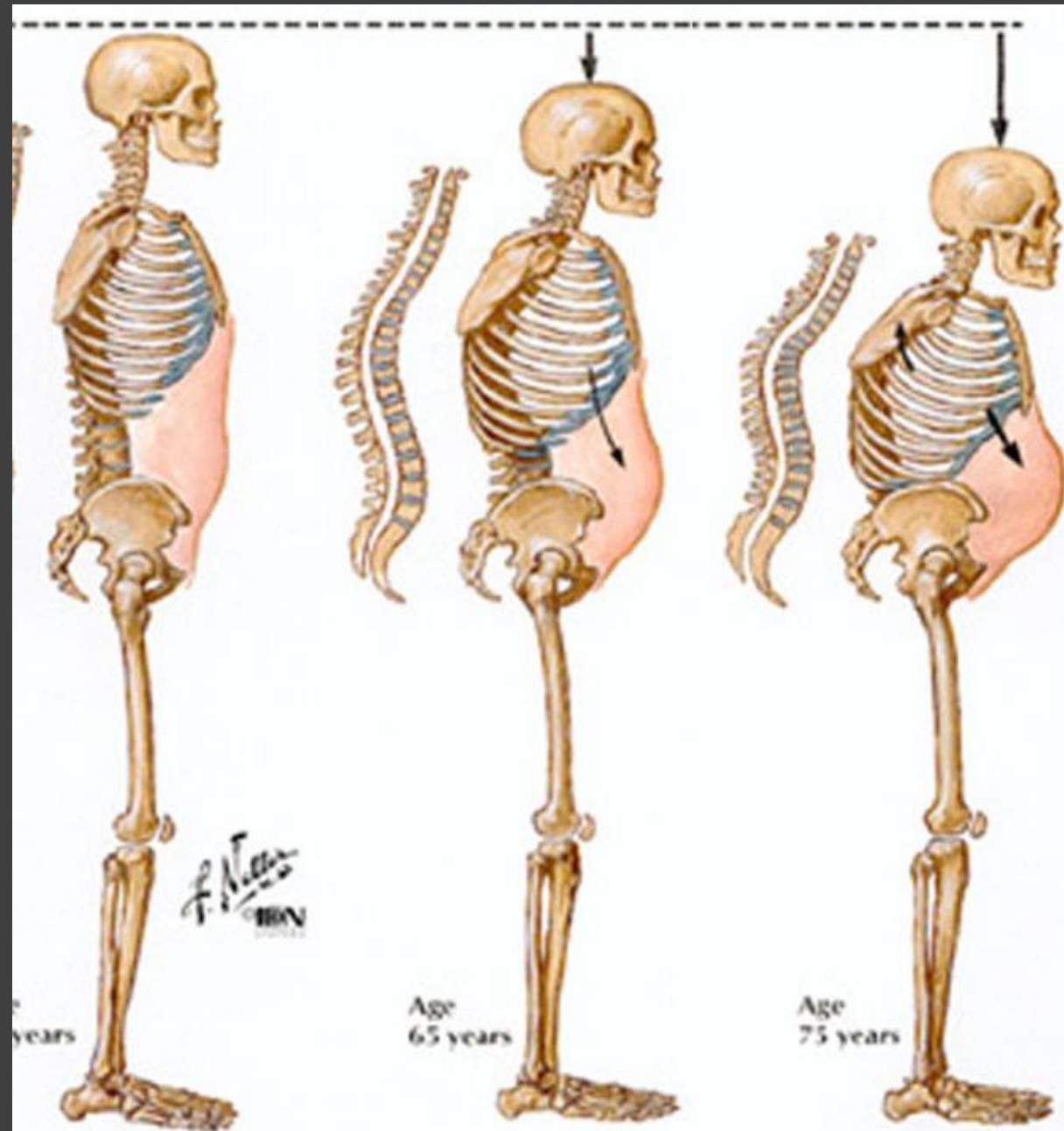
- Press from side to side of the mid tarsal joint of the foot on the ball
- Press down the arch of the foot on the ball
- Roll the ball under the arch
- Test touching your toes



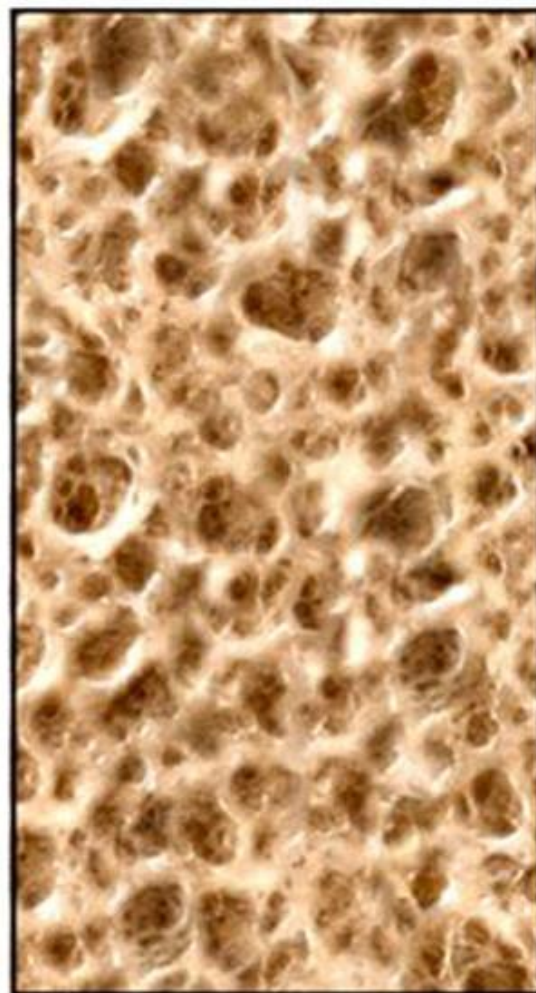
Influence of gravity and affect on proprioceptors and your spine

- It pushes against us and we push against it each time we move
- Without it our bodies would lose the ability to react against stimulus
- Neuro-receptors are turned by movement as a reaction
- We must constantly shift and navigate movement or stagnation sets in

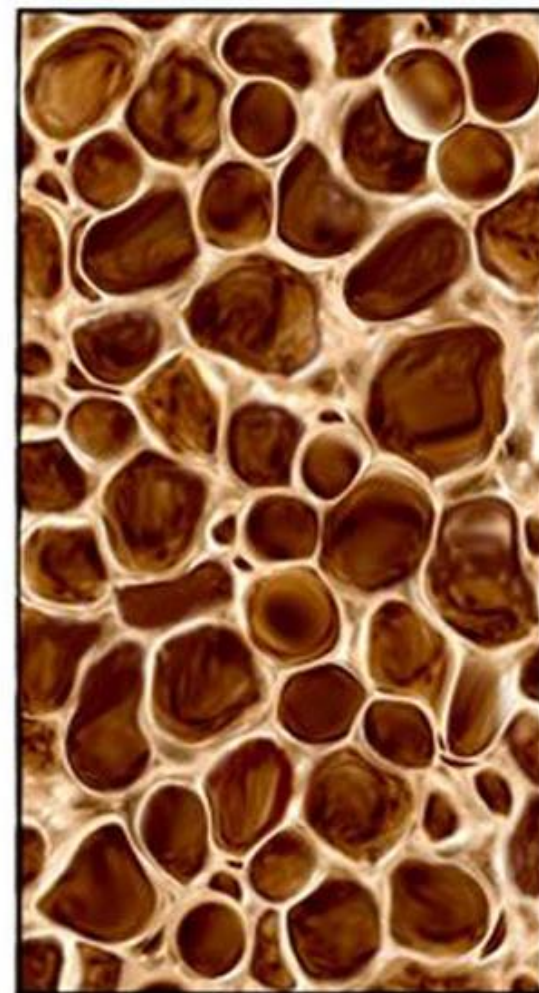




Normal bone matrix



Osteoporosis



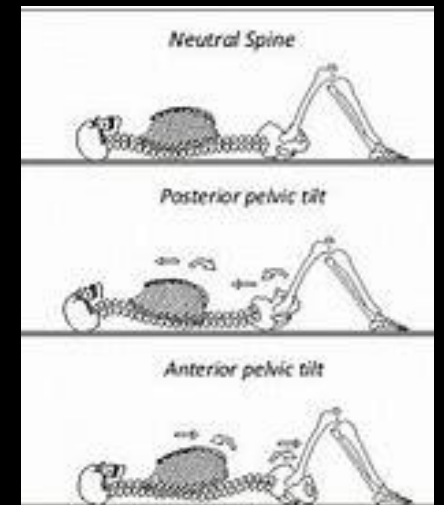
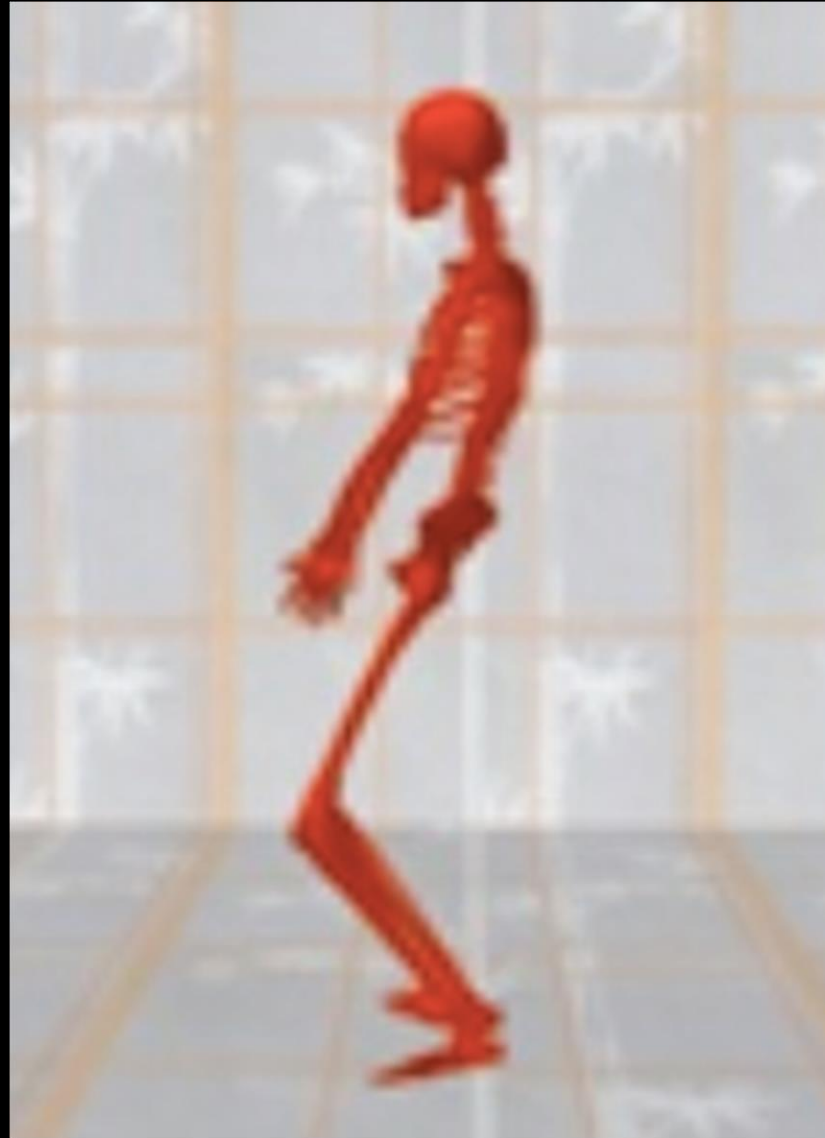
STENOSIS

- **Spinal stenosis is a narrowing of the spaces within your spine, which can put pressure on the nerves that travel through the spine. Spinal stenosis occurs most often in the lower back and the neck. Some people with spinal stenosis may not have symptoms. Others may experience pain, tingling, numbness and muscle weakness**
- **John Hopkins university**
- **Changing posture**



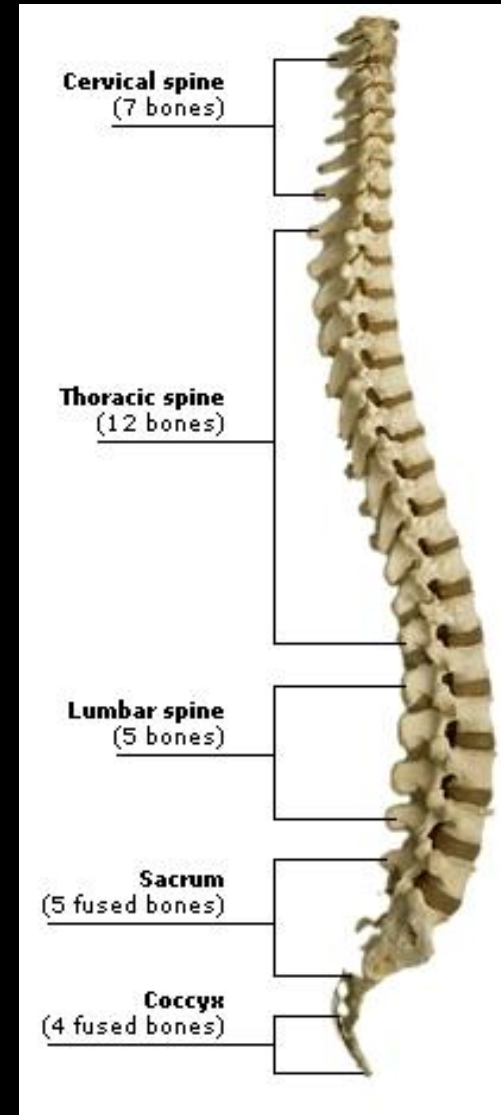
Neutral to lengthen for a functional core

- Vertical tucking is of supine imprinting
- Losing the spine's natural curvature
- Creating kyphosis
- Restricting motion of the hip
- Creating injuries and back pain
- Creating poor posture



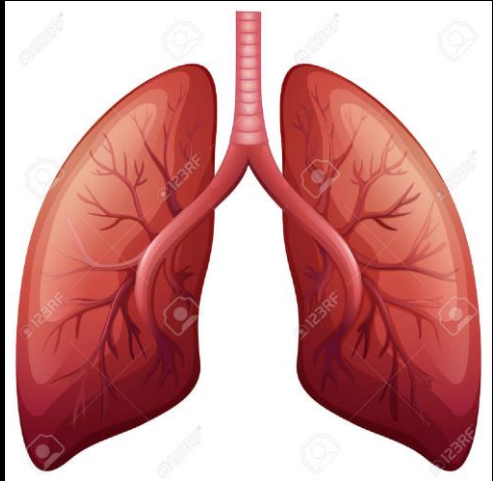
The Importance of Neutral Spine

- Maintain muscular balance
- Allows for more load on the connective tissue and not on the spine
- Less energy output to maintain a desired pain free position



Breath

- Activating the deepest layer of the core in neutral moving without restrictions



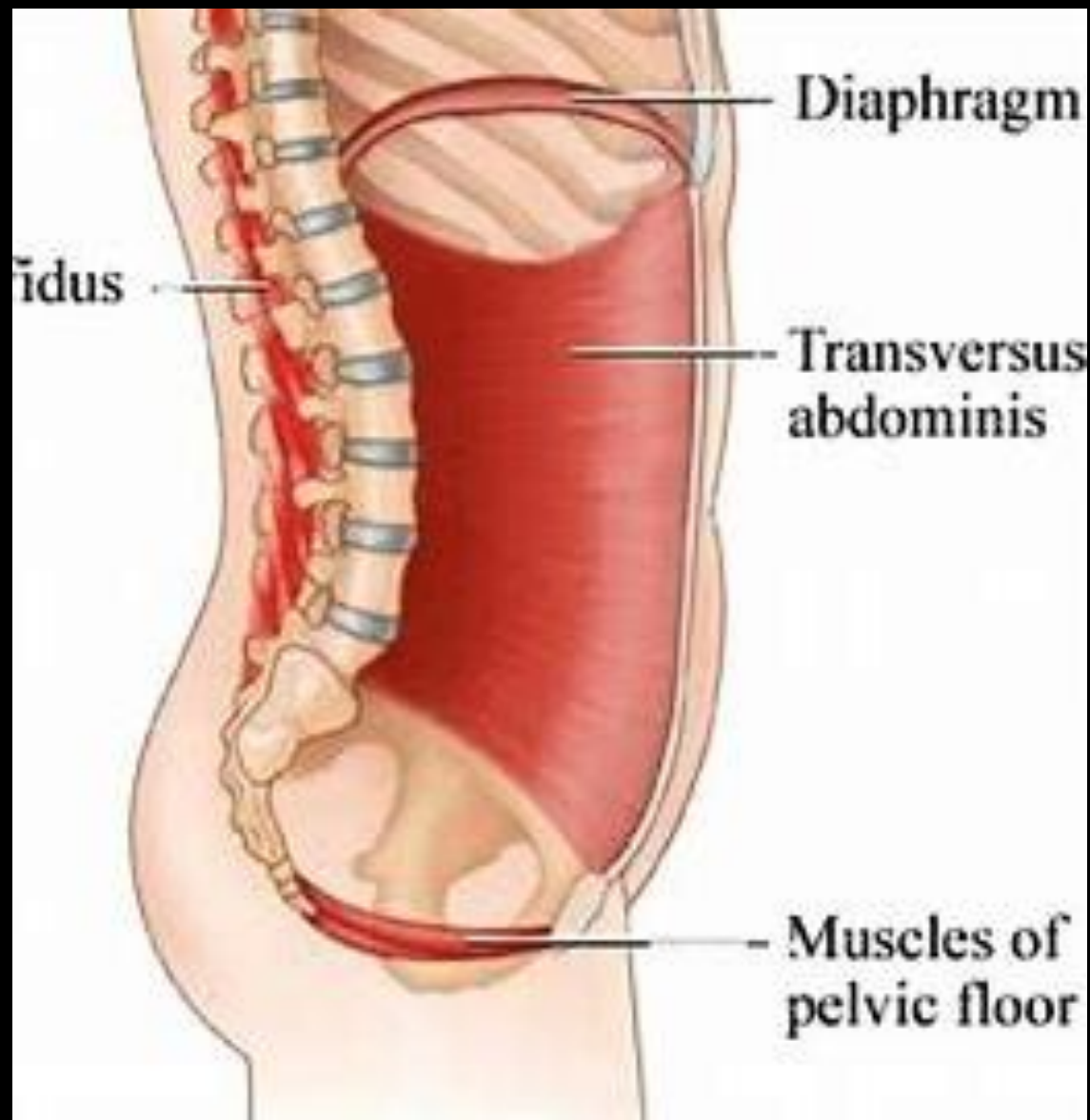
The breath is an essential part of the movement. Breathing in through the nose and out through the mouth allows the intrinsic core to become activated.

With the inhale, the ribs expand laterally and with the exhale the abdominals draw inwards.

- Breath is the essence of training

Deep intrinsic Core

Local core or intrinsic is the deepest layer of which supports the spine and affects pelvic floor, respiration. Included are diaphragm, TA horizontal fibers of the internal oblique's pelvic floor and multifidus.



Superficial Core

Global or superficial are the most external that connect the extremities that are primary movers, assistors or stabilizers. Abdominals are the rectus, external obliques, posterior trapezius, rhomboids, serratus anterior, latissimus dorsi and erector spinae, hips and pelvis, quadriceps, iliopsoas, quadratus lumborum, hamstrings, gluteus group, and adductor group

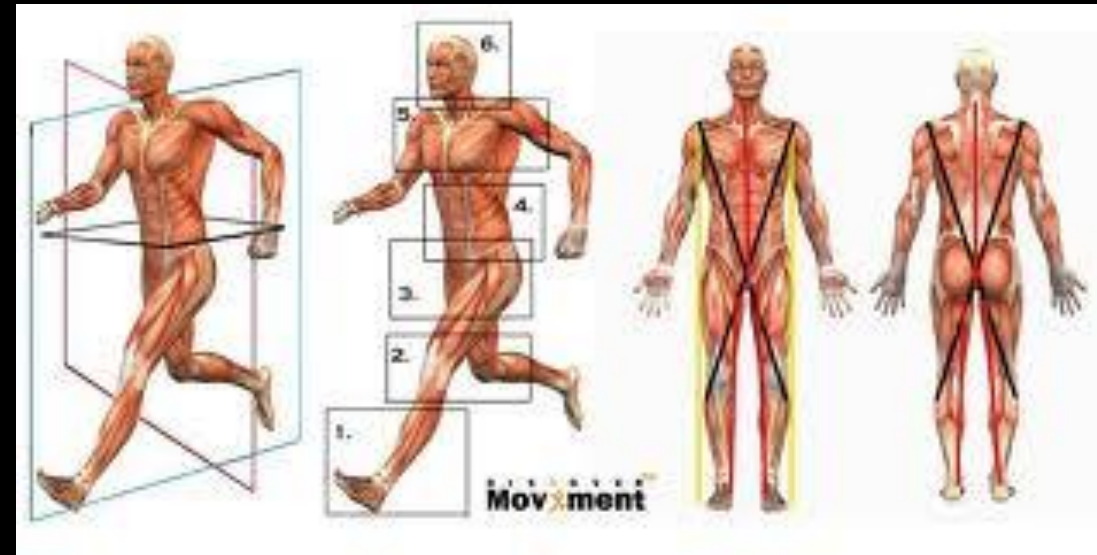
Vestibular system

- **Our vestibular system is a sensory system that provides the leading contribution to the sense of balance and spatial orientation for the purpose of coordinating movement with balance.**
- **Our proprioceptors sense movement and adjust**

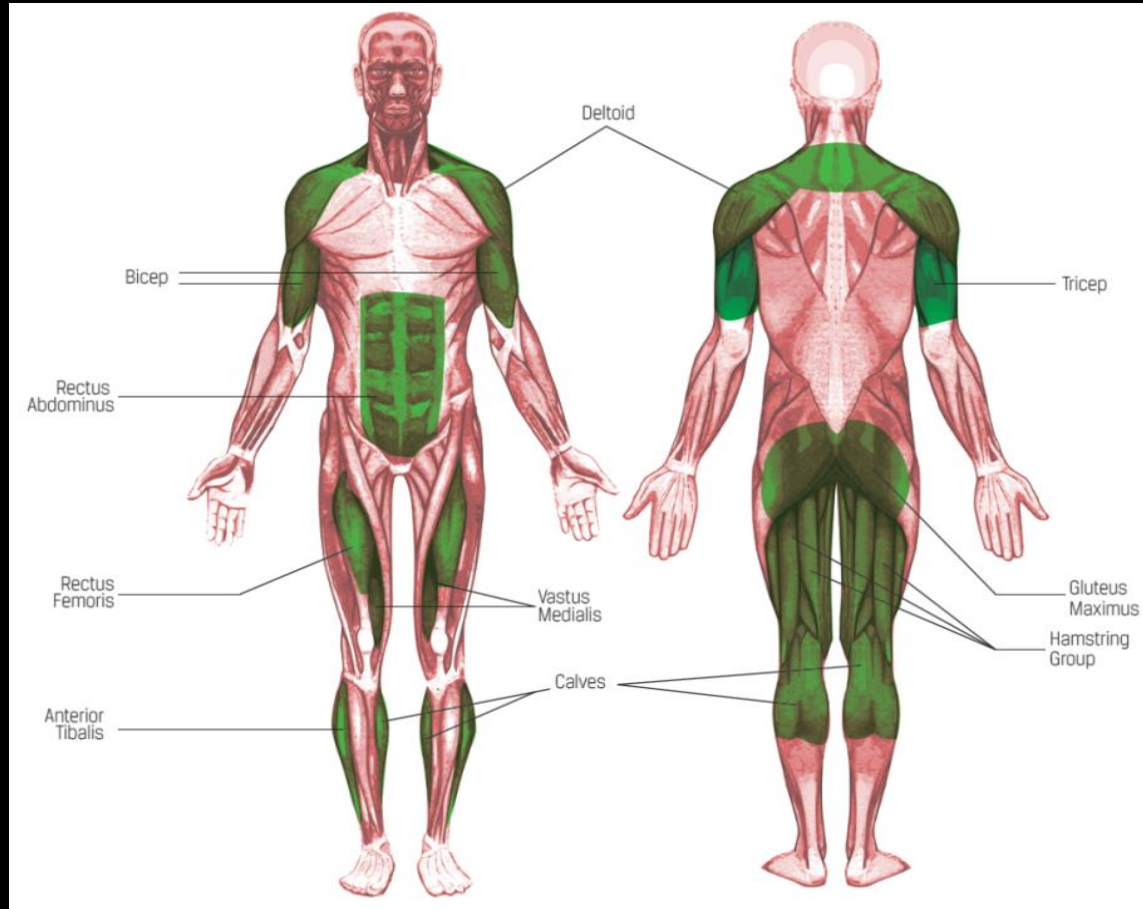


Three core planes of motion/positions

- Sagittal is anterior or posterior of the body
- Frontal is right lateral or left lateral of the body
- Transverse is rotational
- Anterior and posterior X factor
- Standing
- Sitting
- Kneeling
- Prone
- Supine
- side lying

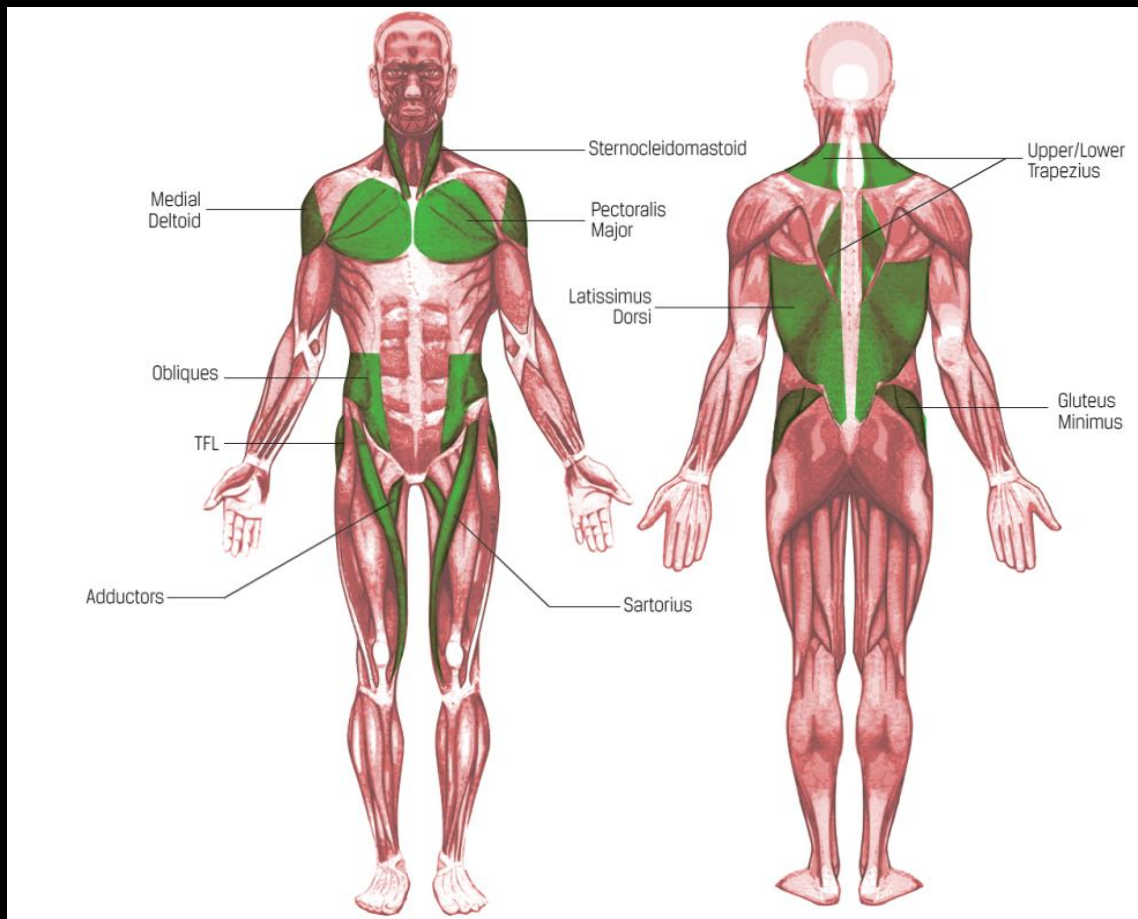


Sagittal Plane Core Anterior/ Posterior lengthening



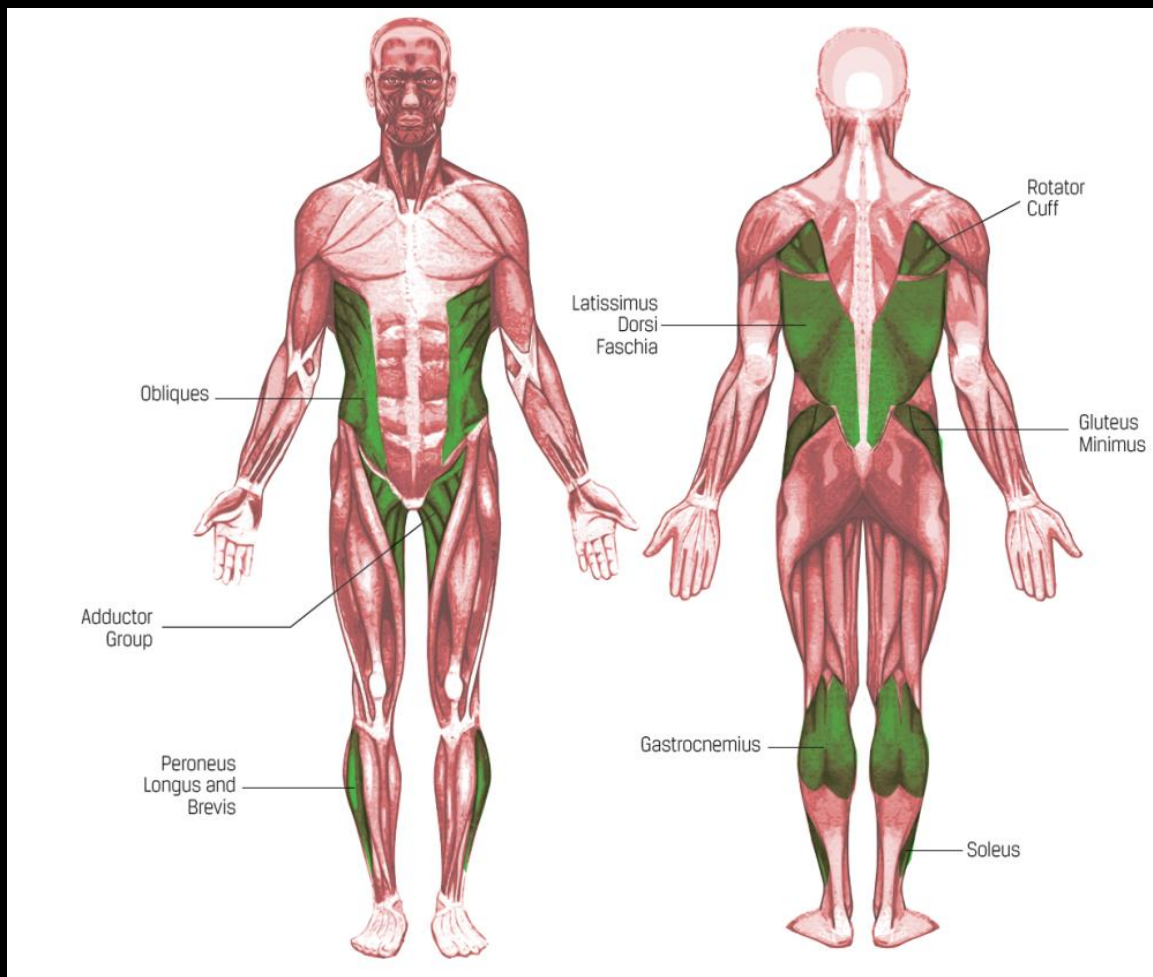
Vertical
Prone
Seated
Anterior posterior
of the body

Frontal Plane Core Right/Left Lateral Lengthening



Vertical Side lateral
flexion
Abduction
Kneeling
Side Lying

Transverse Plane Core Rotational



Pure muscular
movement not affect
by gravity

Exercises in this
plane require using
the other planes of
motion to create an
effect

Vertical seated prone=affects the vestibular system

Sagittal/frontal/transverse

Ball squats to
activate pelvic
floor

Seated core with
ball wedged
behind the low
back

Variations look up
with static hold

Deep breathing

Turn head side to
side

Add weights or
band

slowly add
rotation

Prone hands and
knees one hand on
ball

Ageless Abs Gets vertical-seated-side lying - prone

- Vertical ball in between the thighs (pelvic floor)
- Placing one foot on the ball (balance proprioceptive awareness)
- Partner ball press in all three planes of motion
- Partner ball toss all three planes of motion
- Lunges in all three planes of motion Gliding™
- Seated anterior core lengthening all three planes of motion
- Partner Ball Press
- Side lying ball
- Prone Gliding

Thank you for attending

- For more information, Please visit our booth
- I AM AGELESS NOW ACADEMY

