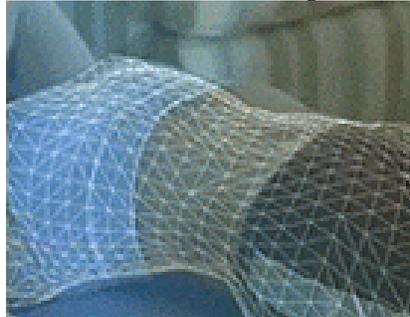


# ProSystems PERSONAL TRAINING

## Core Workout Tips



Today's advances in Sports Medicine have revealed the importance of having a strong core. Just what is the core and why is it a key focus for athletes? More importantly, what are the key benefits for the general public that result from a stronger core?

The core is the combination of muscle groups that make up the lumbo-pelvic-hip complex, thoracic and cervical spine. Decoded that means if you envision the muscles bones and spinal nerves that start at the point where your legs meet your butt at the bottom of the core and move up through the abdominal muscles and lower back at the top.

The core is the beginning and ending point for all motion within the body and has two primary systems; the stabilization system which contracts to protect the spine during movement and movement system which allows us to generate force, store it in the core (like a spring) for a millisecond and release it in the form of energy and power. (A good example of this is the Tiger Woods golf swing).

Every time we bend over to pick something up our core stabilization muscles should automatically fire to protect our lower spine during motion.

Unfortunately with the advent of technology (phones, TV, computers, remote controls, etc...) we find ourselves sitting more in today's society.

The human body is very efficient and the core muscles are not required to fire while seated, consequently when we do bend over to take groceries out of the trunk we have rewired our core to not waste energy by contracting and stabilizing the lower back which leaves it unprotected and vulnerable to the all too common lower back spasm.

Studies indicate that 85 percent of adults in the United States now suffer from chronic lower back pain.

On the flip side adults who live in third world countries who tend to be involved in more physical labor and far less sitting have half the incidence of chronic lower back pain as their U.S. neighbors.

At ProSystems we work with the Physio Ball to increase the stability and neuromuscular firing of stabilization muscles of the core that protect the lower back.

As stabilization improves we add exercises that increase the ability of your core to help in generating power and balance for the rigors of everyday life. It is important during the introduction of “ball workouts” to focus on form.

Jerky bouncy motion can actually irritate the lower back and lead to injury.

As form for specific exercise such as the ball abdominal crunch and reverse hyper is developed you will be able to add to the number of repetitions and in some exercises introduce free weights to further strengthen your core.

For optimal results allow for rest days between core workouts. Strengthening your core will contribute to better balance and a more stable, pain free lower back.

