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Session FR5A - Floorless Core

Presented by Maureen (Mo) Hagan

BA PE / BSc PT

Core training is at the center of it all when it comes to training the human body for strength, endurance, power and performance however the floor doesn't need to be the only place where core training takes place. We spend most of our waking hours and time performing activities of daily life in an upright position, whether it be sitting, standing or moving about. We need a strong core and we want it to look good but at the core of it all our focus is to support our skeleton (in 'spinal neutral') and minimize risk for injury to the back. Core muscles act as together like a corset and while we traditionally like to train core muscles in isolation, such as with abdominal crunches, they perform best when harmoniously working together as the 'inner and outer unit'. Our ability to transfer force (power) from the lower body to the upper body is entirely dependent on our ability to brace our 'mid-section' by coordinating the efforts of inner and outer unit muscles.

Inner Unit – deep muscles that wrap around and hug the spine and only when there is a very low load can the inner unit perform at its best to maintain neutral in sitting and standing.

Outer Unit – these visually external muscles run from ribs down and up the spine, through the front and back of the trunk by way of the abdominal muscles and back extensors. They function to bend and extend move the spine in and help to transfer power through the body.

In this session you will:

1. Learn that core is at the center of our resistance training when we focus on functional fitness.
2. Discuss the rationale behind this functional training approach based on the fundamentals of the anatomy of the core muscles and their roles.
3. Experience a core workout without getting down on the floor.
4. BONUS: Receive a variety of floor finishers that bring your training full circle but crunch-free.

*A resistance tube (with handles), and light to moderate weight dumbbells or plates (3-5lbs) required however you can make due with water bottles (250-500 oz) and a strap or towel will suffice.

"Functional Fitness...these two words have become such an integral part of the industry's lexicon that we tend to take the powerful concepts underlying them for granted"

—Carrie Kepple (A Rising Revolution!
lhrs.org/January2019) –

Mo's Philosophy ..." Training your body functionally makes good practical sense. First it's important to turn it on (inner unit) to serve and protect, so that you can tune it up (outer unit) so to perform activities of daily life, as you desire and with minimum risk for injury along the way".

Core Warm Up:

1. Wide Step Tap side-side with Torso Swing n' Wrap R/L
2. Wide Side-Side Lunge with Cross Body Reach/Overhead Reach R/L
3. Single Side Knee Repeater
4. Squat with Light Torso Twist R/L
5. Side Bender
6. Transition: Surrendering Lunge Stretch (Bilateral Overhead Reach)
Repeat Sequence 1-6 L/R

Core Sequence 1: Posterior Core

7. With Dumbbells: Bent-over Row (progression: Deadlift to Single Leg Deadlift)
8. With Resistance Tubing: Resisted Deadlift (Progression: Resisted Deadlift to single Leg Deadlift)

Core Sequence 2: Anterior Core

9. With Resistance Tubing: Isometric Lunge with Chest Press (anchor tubing with back foot)
10. With Dumbbells: Sumo Squat with Halo Crunch

Core Sequence 3: Posterior –Lateral Core

11. With Resistance Tubing: Alternating Squat with Pulldown—Squat with Standing Oblique Crunch
12. With No Equipment: Standing Alternate Elbow – Kneed (Abdominal Cycle)

Core Sequence 4: Postural Training

13. With Dumbbells: Rotator-Press 'Strong' Sequence
14. With Resistance Tubing: 'Victory' Press
15. With Resistance Tubing: 'Superhero' Hip Walk-Your-Squat

Core Sequence 5: Hip & Core Stabilization Training

16. With Resistance Tubing: Resisted Squat Tap/Lift Side-Rear
17. With Resistance Tubing: Resisted Side-Side Step Touch

Core Sequence 6: Side Core

18. With dumbbells: Side Bender
19. With dumbbells: Side Lunges with Lateral Swing—one side / alternating
20. With Resistance Tubing: Side Oblique Crunch—one side/ alternating

BONUS: "Floor Finishers" Crunch-free Core Training:

21. Dead Bug
22. Hover / Plank: progressions (Level 1-3)
23. Hip Bridge
24. Bolt Extension Press
25. Side Hover/ Hip Bridge

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