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# **The Back, Booty & Core Connection**

## **SESSION OUTLINE**

**Presented by Abbie Appel & Irene McCormick, M.S.**

**Description:** *The connection between the glutes, back and core is profound! All areas must be strong to stabilize the spine and pelvis, support movement, and generate force. Let's evaluate core training and the relationship between the powerful posterior chain including the fascial slings. Learn 10 complex booty, back, and core moves and discover techniques to train for greater function, as well as fabulous aesthetics for your backside!*

### **The Gluteals & Lower Back Stability**

Activating and strengthening the gluts is an important part of your CORE training routine  
The pelvis consists of:

- Sacrum (triangular base of the spine) and 2 iliums
- Connected to one another via the sacroiliac (SI) joints
- The SI joints need to be stable for the pelvis to function normally
  - shock absorbers between the lower limbs and spine

The gluteal muscles stabilize the hip and include:

- gluteus maximus
- gluteus medius
- gluteus minimus
  - The gluteus maximus is the strongest and biggest muscle of the body
  - Not only a hip extensor, but also has an important role in pelvic and spinal stabilization:
    - by counteracting gravity's hip adduction torque
    - maintains proper leg alignment by eccentrically controlling adduction and internal rotation of the thigh
  - Through evolution the gluteus maximus enlarged in humans as a means to stabilize the trunk and to counteract the high impact forces that tend to flex the trunk anteriorly during running and sprinting

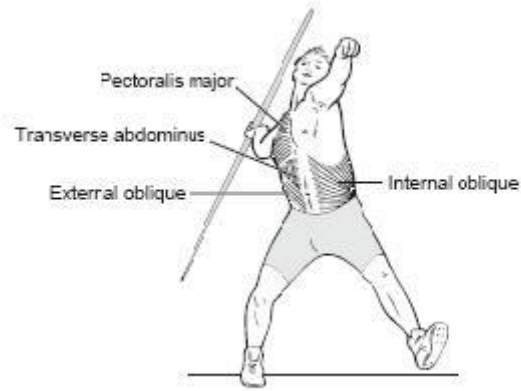
### **Inhibition and Delayed Activation of the Gluteal Muscles**

- **Gluteal amnesia** and 'sleeping giant' refer to glut muscles that are inhibited due to lack of use
  - Gluteal inhibition negatively affects performance and lower body strength and is a root cause for many injuries and chronic pain
- Re-activating the gluteal muscles will re-establish correct muscle recruitment patterns and enhance strength and performance

### **Evaluate your own Gluteal Amnesia**

- Excellent Exercises to Include in a Glut Strengthening Program:

- Romanian Deadlift
- Single Leg Squat
- Bridge
- Hip Press



## Fascial Slings

The 'slings' that provide force closure and stability in the pelvic girdle include:

- **Anterior oblique sling**
  - Includes the pectoralis, internal and external obliques, transverse abdominus
  - Especially important in securing the pelvis anterior
- **Posterior oblique sling**
  - This sling provides stability including the lats, hamstring and glut on the opposite side
  - When glutes are inhibited the fascia becomes tight, range of motion can become restricted and movement is compromised



- **Posterior longitudinal slings**
  - Includes the deep multifidus muscles, the deep layer of the thoracolumbar fascia and the sacrotuberous ligament via the long head of the biceps femoris
  - Contraction of the deep multifidus muscle will rotate the sacrum forward and 'lock the joints in'

***Top 10 Booty, Back, and Core Moves (fill in your favorites)***

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

***Thank you!***

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