

IG: @danerobinsonfit



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- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- KETITLEVEL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
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Straight to the Core

Dane Robinson-BS, NASM-CPT, PES

The body will continue to do what the mind tells it to do.

What is the "core" and it's function

- The LPHC (Lumbo Pelvic Hip Complex)
 - Lumbar Spine
 - Pelvic Girdle
 - Abdomen
 - Hip Joint
- Imagine no head, arms, or legs...that's the core
- Posture, All functional movement, Low back health...almost all everyday acts

Myth Busting

- Getting a 6 pack
- Isolating the core all the time
- Crunches
- Finishing workouts with the core

Core Integration Programming

- Progression
 - Stabilize
 - Strengthen
 - Function
- Position
 - Prone
 - Supine
 - Rotation
 - "Core off the Floor"
- Purpose
 - Assess
 - In the warm-up
 - After prehab movements and before main strength exercises

Tools, Tips, and Tricks

- Resistance Bands, Kettlebells, and Medicine Balls
- Movements that deceptively challenge the core
- Some of my favorite "crowd pleaser" core movements

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