

SCORE WITH THE POWER OF CORE!

YouFit^{GYMS}

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POWER OF CORE!

The core is arguably the most important muscle group in your body, and when properly trained, helps support all other dynamic movements in the gym. At YouFit, this month's Open House will help give you all the tools you need to strengthen your core, and improve your overall ability and posture while developing your body and improve your breathing techniques.



TUE **SEPT 26**

CORE ANATOMY

MUSCLES

- Transverse abdominis (TVA)
- Diaphragm
- Pelvic floor
- Multifidus

MUSCLES

- Internal/external obliques
- Rectus abdominis
- Erector spinae
- Gluteal muscles

FUNCTION

- Activate isometrically prior to movement to provide stability
- Respiration
- Continence
- Posture

FUNCTION

- Control and resist movement - especially in the extremities.
- Postural stability

USING PROGRESSIONS FOR CORE TRAINING

Static → Dynamic

Simple → Complex

Slow → Fast

Stable → Unstable

No/Low Load → Load

Plank → Plank Walkout

Bird Dog → Crawl with DB

Long Lever Chop → Short Lever Chop

Floor → Stability Ball

MB → Weighted Cable Chop

Assessing Core Function:

"If you're not assessing, you're guessing"

1

Breathing Test (Diaphragm):

- One hand on chest, one on the stomach. 5 deep breaths.
- If chest hand rises primarily, breathing is impaired

2

Plank Test (TVA + Bracing)

- Use a dow rod to ensure alignment/neutral pelvis. Be critical.
- Hold 30-60 seconds.

Pelvis shift = poor inner unit endurance

Pain or sensation in other areas = inability to brace

3

Active Straight Leg Raise Test (Pelvic stability)

- Supine position, legs straight. Lift one leg 3-5 times.
- Pelvis Arch or down leg turns out = Poor pelvic stability and bracing
- Large difference side to side is a mobility issue, likely have asymmetrical weight shift



HELPFUL BREATHING EXERCISES

- Prone crocodile breathing
- Prone lengthening
- Crook lying belly breathing
- Quadruped Breathing
- Weighted supine breathing
- *Proper breathing on all movement

INNER UNIT PLANK PROGRESSIONS

- Kneeling Bird Dog
- Wall/Bench Side Plank
- Full Plank/Side Plank
- Full Plank Bird Dog
- Shoulder Tap Plank
- Single Arm Plank
- Plank Walkouts
- Extended Plank
- Stability Ball Plank
- Stir the pot
- SB Lateral Rolls
- Stability Ball Rollout

ANTI ROTATION AND ROTATION

- Palloff Press
- Unilateral Cable Chest Press
- Banded Earthquakes
- Long Lever Slow Chop
- Short Lever Fast Chop
- Rotational MB Throw
- Low to High and High to Low

ANTI LATERAL FLEXION

- Side plank variations
- Iso Hold or Farmer's Walk
- Suitcase Deadlifts
- Overhead MB Bends

GLUTES / HIP EXTENSION

- Isometric Glute Bridge
- Bridge
- Single-Leg Bridge
- Stability Ball Bridge
- Weighted Bridge

SPINAL FLEXION / EXTENSION

- Deadbugs
- Stability ball crunch
- SB Knee Tuck
- Knee/Leg Lift Raises
- SB Pike

EXTENSIONS

- Alternating Prone Lift
- Prone Cobra
- SB Cobra

Thank you so much for attending YouFit's Core Open House! Be sure to follow us on social media to learn about future events, & discover our interactive workout guides to enhance your gym experience!



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