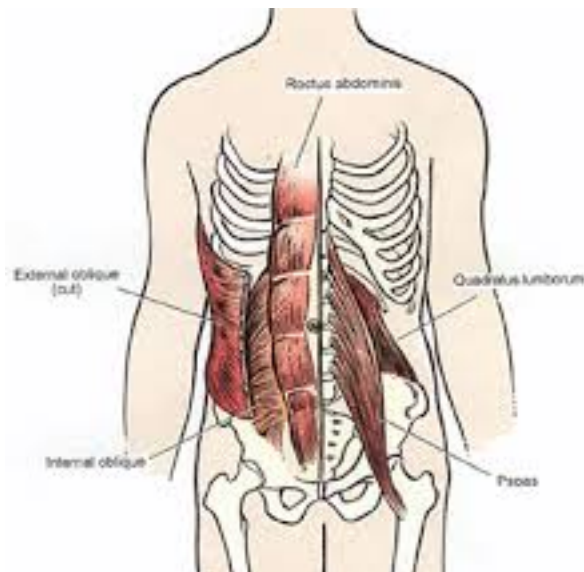


Trunk stability and strengthening, body awareness and other thoughts . . .

Muscles of the trunk important for stability:



3 x per week:

Bike: Ride for 20 minutes, easy resistance, whatever you are used to. The purpose is to warm up the body, increase blood flow and prepare the muscles to focus and work. Drink water before you proceed.

If you are comfortable lying on your back with knees up – this is a nice way to relax the spine and specifically work the lower abdominals (transverses) and also rectus abdominus (vertical 6-pack muscle).

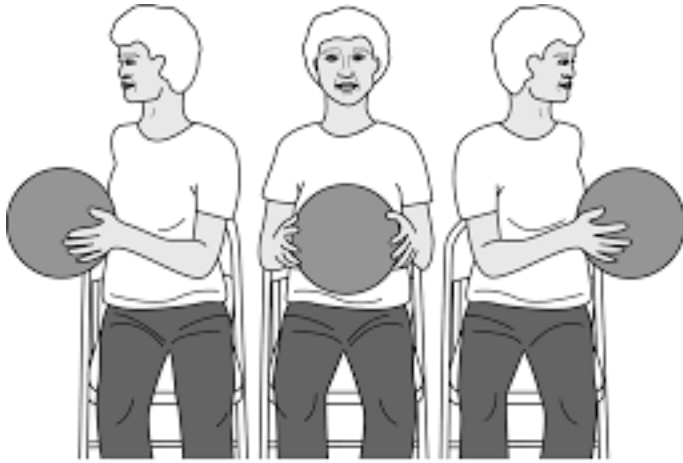


Tuck the tail bone up, raising just the lower back up and then lengthen back down – this helps to isolate and work these muscles. 5-10 reps.

Then add the full bridge curl. Add your breath so the exhale is on the curling of the lower abs.



If comfortable, add the full bridge. Begin with the previous exercise and follow all the way to the bridge (see below). Use your breath on the lift up, AND the lowering down. Your legs will be engaged as well. Make sure your heels are closer to your body so they don't slide out as you raise the hips. Repeat 5-8 times.



Abdominal oblique work: Sitting, holding a reasonable weighted object (dumb bell, heavy book, energy ball, etc. – approx.. 1 lb), Sitting tall with feet flat on the ground in front of you and holding the weight in front of you. Take a deep breath in, and as you exhale, feel your belly going in towards your spine and slowly rotate to the right about 30-40 degrees. Come back to center and repeat to the other side. Do this 5-10 times right and left. You can vary this by the range of motion and also how high or low you hold the weight in front of you.

Finish by staying seated but put down the weight. Cross lateral series that we do in class. Right hand to left shoulder, repeat other side. Do this several times, change to hip, knee and long extensions past the knee and full circle reaching behind yourself.