



General Series 3

EXERCISE: 3-4x/wk

Date

1. Negative Pressure Oblique Curl (1:04): Lay on back with knees bent. Negative pressure brace and posterior tilt throughout. **FOUR PART MOVE:** 1. mini curl up; 2 keep TA engaged and turn shoulder towards opposite knee, keeping elbows wide; 3. Return to center, stay tall; 4. Keep TA tight and lower. Repeat other side. 2 sets of 10-15 per side.

2. Planks! Forearm and Knees (3:12): Begin with Negative Pressure Brace, LONG spine, flat mid back (no rounding like a turtle), and work up to 2x30 seconds, starting with as little as 5 seconds if that is where your body is. Advance to 60 seconds if able, remembering that planks are about ALL THE MUSCLES, not just the abs. Can you also activate glutes, inner thighs? What about chest and quads? Think about it...it will help you at the next level :)

3. Stomach Laying Arm and Leg Lift (4:15): Lay on stomach with Negative Pressure Abs. Lift one arm and the alternate leg, thinking length from pinky to heel and strength between shoulder blade and gluteals. 2-3 sets of 15-30 second holds.

4. Pointer (5:37): Do this with foam roller balanced on back for biggest challenge! Hands & knees position with Negative Pressure Abs. Lift one arm and opposite leg. Begin with 1-2 inch lift, length from pinky to heel, strength from scaps to glutes. Raise higher over time, but be sure to keep low back stable as you lift and lower. A. 1-2 inch lift holds. B. Higher lift holds. C. Higher lift, moving up AND down. 2-3 sets of 15-30 sec per side.

5. Lats Over Foam Roller (7:17): Lay on stomach with Negative Pressure Abs. Forearms on foam roller in front of you, with palms up. Focus first on scapular movement, protract and retract (keeping tummy engaged) 15-20x, 2 sets. Advance to scapular reach, then reset, then keep pulling back into a back extension (active abs!) (9:02). If doing torso lift, hold each lift 3-sec. Sometimes we really need this and we fatigue out at sets of 5-8, working up to 2x10-15. Listen to body, & push muscular limits, not painful ones :)

<p>6. Standing Squat with Theraband at Knees (9:44): Stand with resistance tube around knees, just below joint line. Active core as in prior exercises, but now we have resistance band around knees to increase recruitment of hip abductor muscles. Feet A BIT wider to take advantage of this. 15 full range squats (whatever 'full' means to you), then hold at the bottom of <i>your full range</i> and do either 15 small outer pulses against band OR 15 small downward pulses from bottom.</p>					
<p>7. Adductor with chair (11:37): Lay on side with top leg on chair. Negative Pressure Brace and lift bottom leg up towards bottom of chair. 15 full range, controlling descent as well as lift of the leg. After 15x full range, STOP at top and do 15 pulses. Yummy! These muscles tend to get weak and stiff post partum, or post injury, and this addresses both! 2 sets 15-25 full range, then pulses! Both sides, of course.</p>					
<p>This program here is often adequate to resolve pain or continence complaints in a moderately active population. If you are pleased with your current functional status, and have no goals or desire (or are limited for orthopedic reasons) to return to running or impact, then stay at this level until your symptoms resolve, then continue for an additional 4-6 weeks. This extra time ensures adequate time for motor planning and learning for your body. If you're not joining us for jumping progression, CONGRATULATIONS and you can go to the Overall Closer Video now.</p>					
<p>Those of you that want to return to Cross Fit or other HIIT classes, try some Level 1 in a slight anterior tilt, and level 2 in neutral!! If you have an ab mat, try that, with these negative pressure abs, with some chest presses, etc. Now is also a time that you can practice pelvic tilts while in a supported dangle from a pull up bar. Practice dangle with pelvic tilts, and dangle holds.</p>					