

MYTHS #1 AND #2 DEBUNKED

➔ **Myth: Back injuries are rare.**

➔ **FACT: Back injuries are very common.**

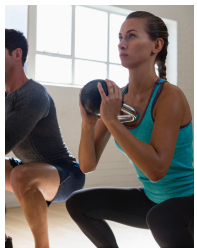


Research shows that up to 80% of the population will experience back pain.

Back injuries alone account for 264 million lost days of work each year.

➔ **Myth: Sucking my stomach in braces my core.**

➔ **FACT: Just the opposite is true.**



Stiffening or pushing out of your abdominal wall and trunk is key to stability. Think "all for one and one for all."

The goal is to have all your core muscle work as one unit. Trying to isolate a single core muscle may lead to injury or decreased performance.



(See other side for exercises)



RESTORE YOUR CORE!

By Bill Carter, DC

This series called "Restore Your Core" is designed to help you become a functional and strong human, by identifying and strengthening the many muscles hidden beneath the outside muscles of your trunk (the area that people typically train trying to get six-pack abs.)

Your core is a complex series of muscles, extending far beyond your abs, including everything besides your arms and lower legs. It plays a crucial role in almost every movement you make. A strong core can help you perform certain tasks like running, lifting weights, getting an item off the top shelf, and even lifting a gallon of milk more effectively while reducing your risk of injury.

We will debunk 6 Myths regarding your core (2 at each session), and teach exercises that will increase core stability to protect the spine and surrounding structures.

- Myth #1: Back injuries are rare.
- Myth #2: Sucking my stomach in braces my core.
- Myth #3: Being flexible is better.
- Myth #4: Having a strong back is most beneficial.
- Myth #5: Doing crunches/sit-ups will strengthen my core.
- Myth #6: Having a six-pack equals a strong core.

Superman - Opposite Arm/Leg



Lie on your stomach with your chin tucked in and your arms and legs stretched out making your body as long as possible.

Lift one arm and opposite leg up towards the ceiling keeping your chin tucked in.

Return and repeat with the other arm and opposite leg.

Bird Dog



Get on your hands and knees (four-point position) with your knees and hands spaced hip and shoulders width apart. Your back is in a neutral position (slightly arched) and your chin must be tucked in.

Lift one leg backward and then the opposite arm overhead keeping your back in neutral position.

For added difficulty draw an imaginary square with your hand and foot while extended.

Front Plank



Position yourself on your forearms. Beginners start on your knees; more advanced start on your toes.

Lift your body into a straight line from your head to your knees/toes and keep your elbows under your shoulders with your chin tucked in.

Maintain this position without arching the lower back.

Flex or squeeze your glutes, quads and brace abdominal muscles for additional support.