

Dynamic Core Training on a Roller

800-367-7393

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OPTP Insider Newsletter

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Core Training on a Roller

This is the second of a two part series on core strength training for April 2007. For more exercise ideas, see Pt. 1 of the series, "The Emanating Effect of Core Strength" in OPTP.com's Newsletter Archives.

No matter how strong your arms, chest, shoulders and legs look and feel, if your core is weak, your body won't perform at its full potential. Working on the muscles in your body core will improve the effectiveness of movements in your limbs. By creating a stable, strong base for those muscles you can optimize the strength and flexibility of each limb.

The muscles within the core tie the body's extremities together and coordinate their movements. Athletes that have a strong set of core muscles are better able to manage their body's motions through enhanced coordination of muscles, which allows for more efficient movements that lead to prolonged speed and power during competition.

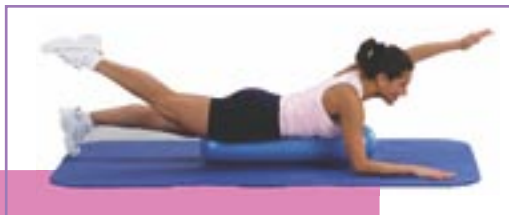
A few exercises to get you started with core training are:

(Note: Always consult your physician and use caution when starting a new exercise program.)

1) Lie on back with knees bent and roller (inflatable or foam) positioned between hips and lower rib cage. Place hands on abdomen and gently draw lower abdomen towards spine. Slowly raise head toward the ceiling, hold for 2-3 seconds. Return to starting position. Repeat 6-10 times per set. Do 1-3 sets 2-3 times per week.



2) Lie prone centered on either an inflatable or foam roller. Extend legs behind you and place forearms on ground. Extend right arm overhead and raise while raising left leg in the air, hold for 3-5 seconds, slowly lower to starting position. Repeat with opposite arm and leg. Repeat 8-10 times per set. Do 1-3 sets 2-3 times per week.



3) Lie supine on a foam or inflatable roller. Place forearms and feet flat on floor. Gently draw lower abdomen towards spine. Slowly lift one leg off floor and hold for 2-3 seconds without allowing spine to lift off the roller. Repeat 6-10 times per set. Do 1-3 sets 2-3 times per week.



These exercises give you a good place to start with core training. Many helpful resources on core strength training are available from OPTP. All products mentioned in this newsletter can be purchased from OPTP. Shop online at www.optp.com or talk to one of our knowledgeable customer service representatives Monday-Friday from 8AM-5PM CST. Call us today at 1-800-367-7393, and we'll be happy to assist you with all your health and fitness needs. A few examples are described below.

Core Strength Training:

Using Inflatable and Foam Rollers

Caroline Creager, PT, has applied her expertise with foam rollers to inflatable rollers. This book incorporates over 100 exercises that can be done using either foam or inflatable rolls.



The Intrinsic Core: using the soft gym overball

Another great book by Caroline Creager, PT, that addresses core training using the Soft Gym Overball. Exercising with the inflatable Soft Gym Overball (sometimes referred to as a Pilates ball) helps you to focus on your core muscles, facilitates correct positioning and muscle activation, and adds instability challenge. Over 40 exercises including basic core, stretches, rotator cuff rotation, and back stabilizers.



The Next Core Challenge DVD

This DVD program offers complete education and exercise demonstration for greater core stability, strength, balance and flexibility for the whole body using inflatable rollers. Suitable for beginner to advanced fitness levels.

