

## **5301: Explore Your Inner Core**

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### **Warm up & Cues**

- Posture & alignment
- Find TVAs & Multifidus!
- Cues: hissing, bookends closing, hip bones coming together etc.
- Palpate
- Diastasis check

### **Muscle tests:**

- Multifidus (bilateral)
- TVAs (passive & active)
- Internal obliques (unilateral)

### **Multifidus**

- Seated activation
- Bird Dog w. dowel
- Modified superman (Kathy Dooley)
- Side lying activation

### **TVA**

- Squat w. TVA activation
- Draw ins from all 4's
- Prone lying draw ins
- Supine 90/90 breathing (Kathy Dooley)
- TVA Press
- Lying draw ins w. progressions (knee fallout, supported/unsupported march)
- Wall press march/SB wall press march/arms OVHD
- SB Wall squat w. alphabets

### **Internal Oblique**

- SB/block Cook rolling pattern
- SB T-spine rotation
- Upper/lower rolling patterns
- SB standing oblique press
- Pallof press
- SB split position single arm wall push
- Push up!