



GETTING TO THE CORE OF THE MATTER

Taking a Hard Look at Your Options (Part 2)

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o GETTING TO THE CORE OF THE MATTER

You've Got Options.....

o ONE OF THE GREAT LITMUS TESTS.....**AUTHENTICITY**

My first question, when considering if something is going to functionally stimulate the neuromuscular system in a way that an athlete's or a patient's body will be able to quickly apply to their real world needs....

- Does it **LOOK, FEEL, and SMELL** like what you do in life?
 - Let's put some traditional exercises to the test...
 - Sit-ups?
 - o Body says...."feels like I'm getting out of bed or off the floor" (not a good place for most athletes!)
 - Static Plank Holds?
 - o Body says..."this is fun...I'm pretending to be a statue...I'm not moving at all – cool huh!" (but not how I'd like to look on the field or court I'd guess!)
 - Seated MedBall Twisters?
 - o Body says..."I can't remember the last time I got to sit down on the job with my knees tucked up and I wiggled around like this but I'm willing to try this if you want me to" (your butt knows best...rarely in sports would your trunk ever twist without the best friend hips coming to the party too!)
 - How often would you expect to see a softball player practicing with a baseball? A baseball player with a softball? A tennis player with a lacrosse ball? A soccer player with a volleyball?
 - Why not?
 - **SPECIFICITY!**



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- At some point in training it becomes imperative that the majority of your work be “life-like” things that are “authentic” to how your body needs to function on the field or court
- “Close” isn’t good enough is it? Not much difference between a baseball and softball or a volleyball vs soccer ball....BUT there’s enough difference to matter...a lot, to those athletes.
- **FUNCTIONAL OPTIONS...**
 - It totally depends on your needs, your sport, position specific needs, past injuries...etc
 - General Eg’s....
 - Single leg balance with CoreBall overhead-backward reaches
 - Simultaneous alternating DB arm curls in different planes
 - MedBall rotations with or without multidirectional stepping combo’s

DO YOUR CORE EXERCISES PASS THE AUTHENTICITY TEST?

...Do your core exercises LOOK, FEEL, & SMELL like your sport to your body...or are they just hard things to do that produce lactic acid and a tone set of abs?

ASK YOURSELF...Do you want to *LOOK GOOD* or *BE GOOD*?

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