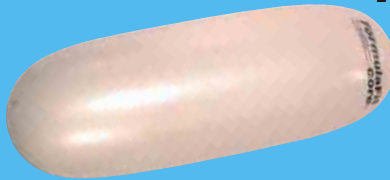


# Programme on a Plate

## FormulaFit Core with Greg Sellar

Greg Sellar - Greg is an Australian-born international presenter with experience in instructor training and convention appearances that span 15 countries around the world. He is the featured presenter on numerous instructor-training videos and has been part of six highly acclaimed tours here in the UK. Greg is also a BOSU Master Trainer, Gliding Trainer and the Marketing Manager for Multitrix UK.



Revolutionise your core fitness training with the FormulaFit Core. This low rise inflatable product, evolved from the stability ball, takes stability training to the next level. Due to its narrower design the Fit Core generates greater instability, resulting in greater challenges for the user.

The FormulaFit Core is available in silver, measuring 72cm (28.5") long by 24cm (9.5") diameter and is manufactured from Flexton anti-burst material for added safety.

### Push-Up

#### main target muscles:

- Pectoralis major
- Pectoralis minor

#### origin:

- clavicle
- sternum
- ribs

#### insertion:

- humerus (major)
- scapula (minor)

#### teaching points:

- place hands wide (outside of the shoulders)
- chest should fall vertically towards the line of the hands
- maintain neutral neck alignment
- keep the hip complex neutral (without dipping)
- brace the abdominals

#### visualisation cues:

- chest falls between the hands
- keep the hips level



#### start position:

- hands outside shoulder width
- eyes look just in front of the hands
- abdominals braced



#### transitional phase:

- chest should be slightly off the floor

#### finish position:

- return to start

#### options:

- 'box' push-up
- on the knees

### Sliding Lunge

#### main target muscles:

- gluteals (minimus / maximus)
- quadriceps
- hamstrings

#### origin:

- gluteals – ilium, sacrum, coccyx
- quadriceps – ilium, sacrum
- hamstrings – ischium

#### insertion:

- gluteals – ilium, sacrum
- quadriceps – patella, tibia
- hamstrings – tibia

#### teaching points:

- place one foot on top of the FormulaFit Core and allow it to roll over the inside of the ankle, as the foot moves away from the midline

- keep the front knee behind the toes, sitting the weight back into the gluteals
- move the Fit Core as far away from the body as possible. The further away, the deeper the lunge and the greater the exercise benefits

#### visualisation cues:

- see how far away from the body the foot can reach
- whilst lowering, slide the leg out to the side as far as possible

#### start position:

- place feet shoulder width apart



- place one foot firmly in the middle of the FormulaFit Core

#### transitional phase:

- knees should be behind the toes
- the Fit Core should have rolled up the leg to around the shin



- roll the foot back over the Fit Core, back to the start position

#### options:

- decrease the range of motion – keep the foot closer to the body, as this will decrease the load on the knee

### Supine Bridge Rolls

#### main target muscles:

- Transversus abdominis
- Erector spinae
- hamstrings

#### origin:

- Transversus abdominis – ilium, ribs, lumbar fascia
- Erector spinae – spine, ilium
- hamstrings – ischium

#### insertion:

- Transversus abdominis – crest of pubis
- Erector spinae – spine
- hamstrings – tibia

#### teaching points:

- keeps the hips high and engage the hamstrings to pull both feet onto the FormulaFit Core, allowing them to roll onto the top surface
- throughout this process, keep the abs braced

#### visualisation cues:

- don't let the hips drop
- roll the FormulaFit Core back in to your buttocks
- squeeze the gluteals

#### start position:

- put both hands straight out to the side at shoulder level
- place the Fit Core under the Soleus and lift the hips off the floor



- lift your gluteals off the floor and draw the navel towards the spine



#### transitional phase:

- bring the heels in towards the gluteals

#### finish position:

- hips lifted high
- get a corset effect through the abs and back for a tight midsection

#### options:

- supine bridge with the FormulaFit Core supporting the shoulder girdle
- supine bridge with single leg lifts and the FormulaFit Core supporting the shoulder girdle

### V-Sit Drops

#### main target muscles:

- Rectus abdominis
- Transversus abdominis
- hip flexor

#### origin:

- Rectus abdominis – pubic crest
- Transversus abdominis – ilium, ribs, lumbar fascia
- hip flexor – ilium, sacrum

#### insertion:

- Rectus abdominis – ribs 5, 6, 7 and bottom of sternum
- Transverse abdominis – crest of pubis
- hip flexor – femur

#### teaching points:

- position the body so that the coccyx rest in the middle of the FormulaFit Core
- lean back to a 45 degree angle and place both hands on the ground
- lift both feet off the floor, creating a 90 degree angle at the hip joint
- draw the navel into the spine to protect the lower back
- lower one leg at a time, to touch the heel lightly on the floor

#### visualisation cues:

- keep chest lifted and proud
- think long at both ends of the body

- keep the abs tight
- imagine dipping the heels in water – just skim the surface



#### start position:

- v-sit held statically with both feet in the air



#### transitional phase:

- gently lower one leg at a time

#### finish position:

- return to the v-sit position

#### options:

- keeping the knees bent will decrease the lever length, making the move easier
- new clients can also limit their range of motion, but be aware of the strong involvement of the hip flexor for those who are new to exercise

### Standing Wall Squat

#### main target muscles:

- gluteals (minimus / maximus)
- quadriceps
- hamstrings

#### origin:

- gluteals – ilium, sacrum, coccyx
- quadriceps – ilium, sacrum
- hamstrings – ischium

#### insertion:

- gluteals – ilium, sacrum
- quadriceps – patella, tibia
- hamstrings – tibia

#### teaching points:

- feet shoulder width apart
- chest lifted
- eyes looking forward
- weight back in the heels
- keep the knees back behind the toes
- sit no lower than 90 degrees at the knee joint

#### visualisation cues:

- imagine sitting down in a chair, keeping the knees behind the line of the toes
- keep the chest proud and stand tall

from the wall to ensure the knees do not come forward of the toes

- brace the abdominals to protect the lower back
- sit the weight in the heels to activate the gluteals
- the FormulaFit Core should rest in the lumbar curvature and roll up the spine, against the wall, as the squat is performed



#### transitional phase:

- sit only to 90 degrees in the knee joint to avoid knee injury – the knees should remain behind the toes

- the FormulaFit Core should naturally move up the body to allow the downward motion of the squat

#### finish position:

- return to the top keeping the knees soft (avoid locking the knee joints at the top)

#### options:

- decrease the range of motion for anyone new to squats or those with previous knee discomfort



#### start position:

- place feet far enough away

### Back Lifts

#### main target muscles:

- Erector spinae

#### origin:

- spine, ilium

#### insertion:

- spine

#### teaching points:

- keep a neutral head and neck alignment
- anchor the feet on the floor

#### visualisation cues:

- think long through the crown of the head

- keep the elbows back
- control the lift and resist gravity on the eccentric phase
- breath out on the way up



#### start position:

- lay prone on the FormulaFit

- Core with the head and shoulders hanging off the end
- place both hands behind your head and keep the elbows back

#### transitional phase:

- contract your erector spinae to lift the shoulders high

#### finish position:

- return to lying along the length of the FormulaFit Core

#### options:

- decrease the range of motion of the movement for people with back problems or those recovering from injury
- Move further back on the surface of the Fit Core so that more of the body is supported, the shorter lever length makes this an easier option