

## Abdominal Strength Clinic 'The Sarling Precision Exercise Technique'

*Would you like to:*

1. Increase your abdominal strength?
2. Identify which muscles you are using and how strengthening them will benefit you?
3. Find out what 'Core Strengthening' is and how this plays a vital role in preventing and relieving back pain?

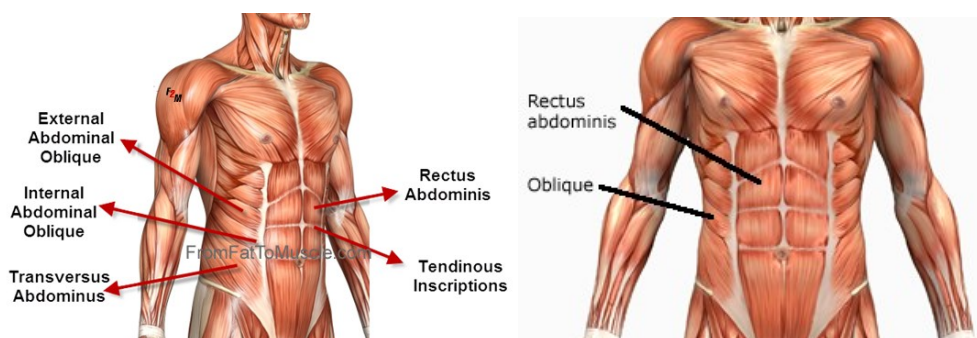
It is so important to understand that 'Core strengthening' does not just involve the superficial muscles of the abdominals that you can palpate, but it goes far deeper into the body.

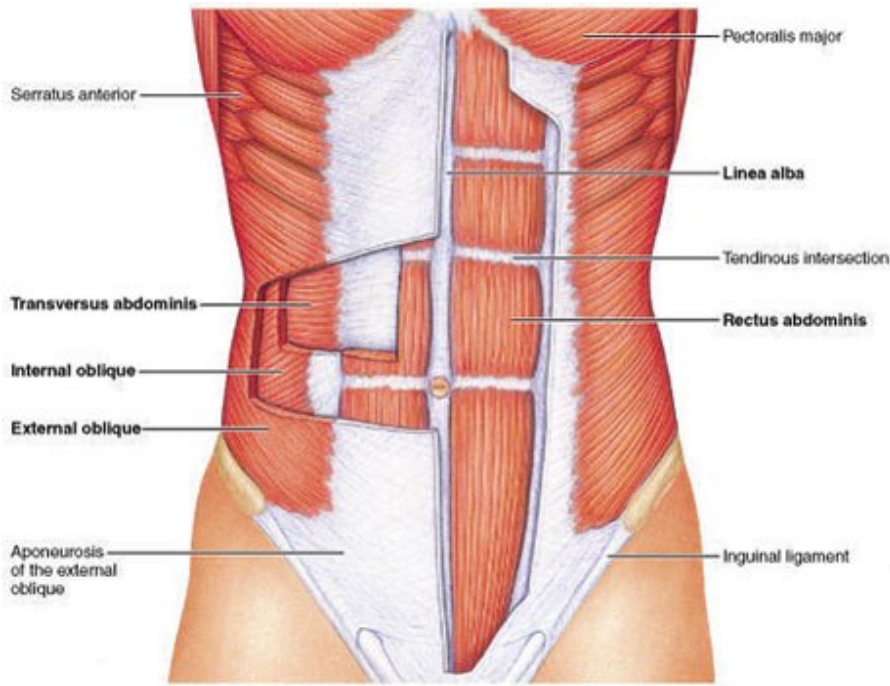
The bodies' muscles work together; as one muscle shortens the opposing muscle lengthens and this action has a knock on impact to the way the 'whole body' works. This is why it is important to ensure that the body is always held and worked on in the correct alignment. It is important to always return back to a central position as this ensures the muscles are returned to their 'balanced state'.

Any physical problem will benefit from strengthening the 'core muscles'. Increasing strength in the bodies' central region (lumbar) prevents excess strain on the other muscles of the body.

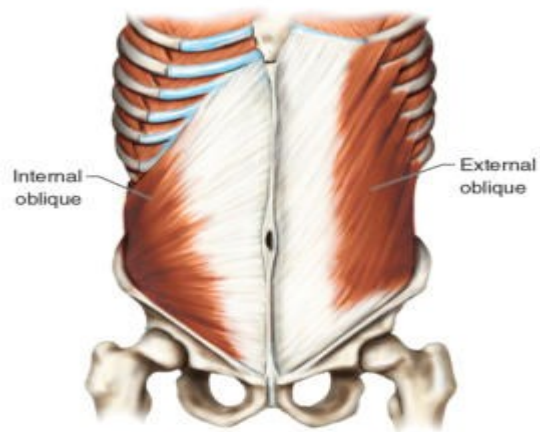
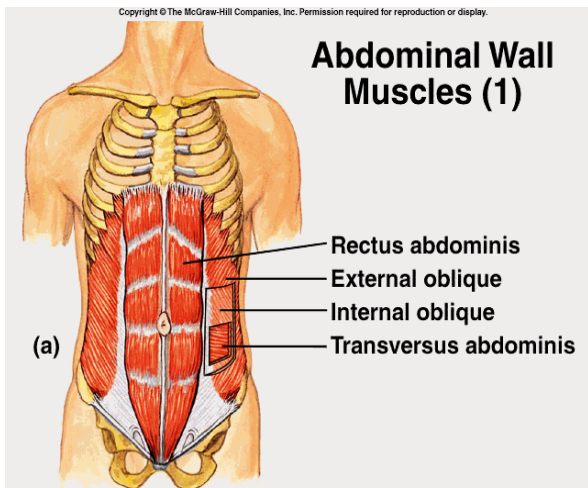
### **Anatomy**

We tend to focus on the superficial abdominal muscles, although this is a good start we need to understand that this is only the beginning, the basic muscles can be seen below.



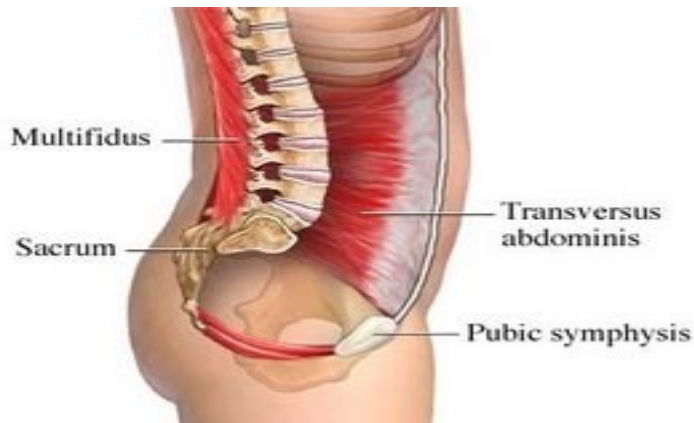


It's important to understand that muscles provide the 'pulling power' to move our skeletal system - our bones. All muscles end in tendons which attach to our bones at specific places. Below for example, you can see that the oblique's are attached to the ribs and pelvic girdle therefore imagine if they are weakened you could be more prone to hip or pelvic problems.



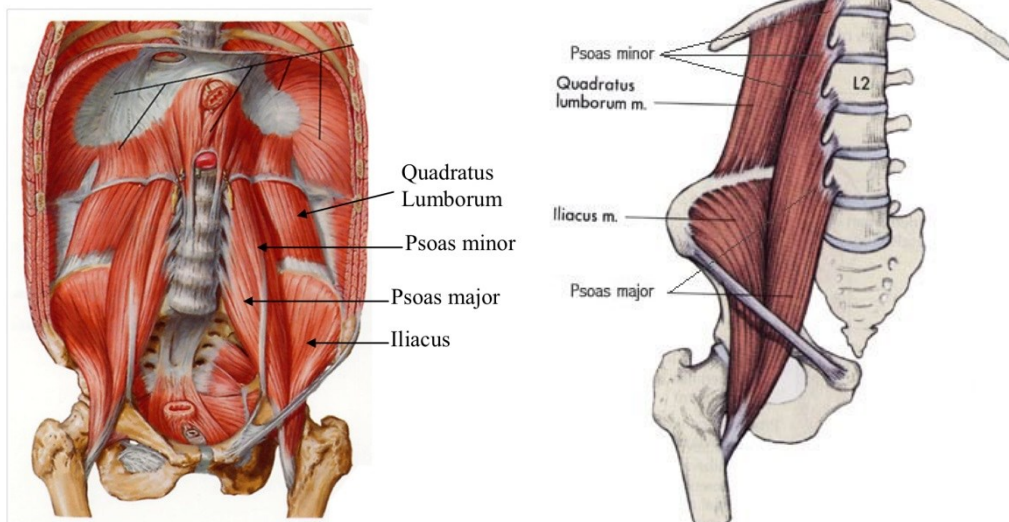
**FIGURE 1.2** The external and internal obliques.

Observe how the Transverse muscles are close to the spinal column , if these are weakened it will affect the lower back!



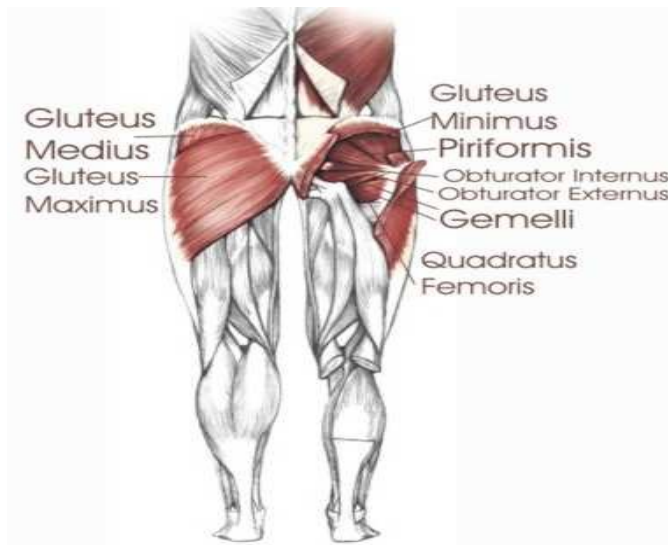
### The forgotten 'deep core muscles'

These muscles are so important! They are deep below the abdominal surface and are key to stabilising the low back and hip region. Common problems (especially with low back pain) are normally attributed to one of these muscles going into spasm!

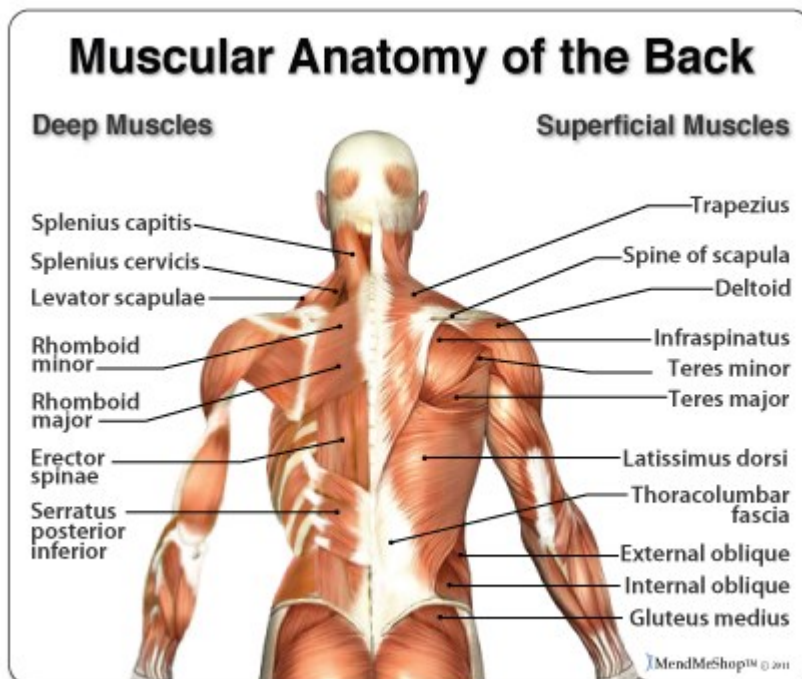


When strengthening the core muscles it is important to work on the 'buttock muscles'. Remember how the body works 'as a whole' if you have strengthened the superficial and deep muscles of the abs without working on the buttock (Gluteal) area you could cause an imbalance. This could induce conditions like, Piriformis syndrome, Sciatica and Hamstring problems.

## Gluteal muscles



All 'Core work' has such a positive affect on the back muscles, if you have been contracting the Abdominals and Gluteal muscles you will have been stretching and strengthening the back muscles!



## **Improving you toning session**

Muscle isolation work can increase the effectiveness of your toning session. By mentally focussing on the muscle groups being used you will send a strong signal to the brain which reinforces the work of the muscles and intensifies your workout.

### **Practical exercise**

- CRP position (line up and palpation)
- Try and master the 'sticky toffee/Secret sit up exercise then apply this when using the toning tables
- Muscle awareness exercise using - Short and Long Leg, Pelvic tilt, Knee Roll and hug, Side Stretch exercise.

Even when you leave the toning centre try to be more aware of your body-use patterns. Maintaining 'Good posture' can alleviate and prevent many physical problems. The simplest strengthening exercise you can do at any time and anywhere is to *'Squeeze your buttocks then release then squeeze your abdominals and release'*.

### **Why toning tables are so important!**

The toning tables mimic all of the above exercises and more using continuous passive movement which is so important for all the body systems circulatory, nervous as well as muscular and skeletal systems, and treat a wide range of conditions. Your toning session will be more effective when using muscle isolation and body-awareness techniques

Thank you for attending this session and we hope you enjoy the benefits of understanding your body better!