

Crunchless Core Training
IDEA 2025
Fitness Core Training Built for Humans
With Leslee Bender
2020 IDEA PT of the year
2024 Can Fit Specialty trainer
FAFS,NASM,ACSM,ACE,NCPC

Crunchless core is the new method of functionality in training. We sit for hours placing our spine in a compromised position so why would we keep doing these silly ab exercises on the floor?

Utilizing the small ball activates the front of the body efficiently up to 408% more than crunches! Experiencing the body actually feel a movement is empowering and effective! People perform endless crunches overusing their hip flexors not know the damage they are actually causing to the rest of the body.

Movements based on the following to create the strategies leading to the techniques desired

Planes of Motion and drivers eg hands, eyes

Fascial lines

Directions,

Verticality

Positions of the body

Sagittal

Frontal

Transverse

Superficial front line

Superficial back line

Superficial lateral line

Superficial spiral line

Movement	Plane of motion	Fascial line
Posterior lunge reach forward	s	sbl
Posterior lung reach up	s	sfl
Posterior lunge rotation	S t	ssl
Posterior lunge lateral flexion	sf	sll
Lateral lunge lateral flexion	sf	sll
Rotational lunge	sft	all
Kneeling lateral flexion	f	sll
Prone plank to pike	s	sbl
Prone scapula stabilization	s	Sbl sfl
Side lying lateral flexion	f	sll
Seated anterior core	s	sfl
Seated anterior lateral core	S f	Sfl

Seated rotational core	sft	all
Sagittal	Frontal	Transverse
x	x	x
r	x	x
l	x	x
x	w	x
x	n	x
x	x	e
x	x	i

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