

**Corrective Core Training for the Active Aging
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**

Thank You for joining me today! You will leave with strategies and techniques that will enlighten you to functionally safer approaches to core training that never require a crunch or flexion of the spine supine!

Defining the core when using a small ball

Utilizing a small ball in all exercises allows for a 408% higher activation of the core while protecting the lumbar spine. Additionally, you are using the anterior core in extension that cannot otherwise be achieved by performing supine crunches.====

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Intelligent language leads to profound results: Engage, experience, feel, the purpose is, your alignment is...

Useless language: burn, squeeze, tuck, fry, no pain no gain etc!!

Ineffective exercises that age the spine

Compensation of the low back

Compensation of the neck

Overutilization of the hip flexors

Squeezing the glutes resulting in losing neutral spine

Science

Physical : The exercises move dynamically and, body reacts to gravity

Biological The body has to adapt to a demand placed upon it and reacts accordingly

Behavioral Students start to see results

Fascia

Is structural integration of the entire kinetic chain of the human body

The core-posture

Is one that the body is authentically aligned to move pain free in all respects

Dysfunction of posture and core

Kyphosis

Lordosis

Neutral spine is supple spine

Breath

Breath allows the spine to function in the optimum position without restrictions

Core in the planes of motion and fascial lines

Sagittal Superficial front/back line
Frontal superficial lateral line
Transverse superficial spiral line

Strategies and techniques

Vertical

Lunge with Ball in-between chest and thigh Gliding S
Lunge holding Ball below the knee and over head S
Squat with Ball in between the thighs S
Lateral flexion hips abducted F
Partner ball press F
Partner rotational press SFT
Cross Back Lunge Ball SFT
Cross Back Lunge Ball Gliding SFT

Prone

Plank progression with Ball S
Plank with glider and ball S

Side lying

Ball under rib cage lateral flexion F
Ball under rib cage lateral flexion progressions F

Seated

Ball behind low back extension S
Ball behind low back extension Gliding S
Ball behind mid back extension S
Ball behind low back arms abducted F
Ball behind low back with rotation SFT
Ball behind low back with rotation Gliding SFT
Sagittal frontal transverse

Supine

Hip bridge with Ball under tailbone S
Toe taps Dead bug with Ball S
Hip Bridge with Ball S

Thank you for attending

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