

Culture Warrior *Core* Workout



Catholic  FIT
Making Disciples of Faith and Fitness

Culture Warrior *Core* Workout

We have a lot of work to do out there. Stay fit with these core strength & stretch moves.



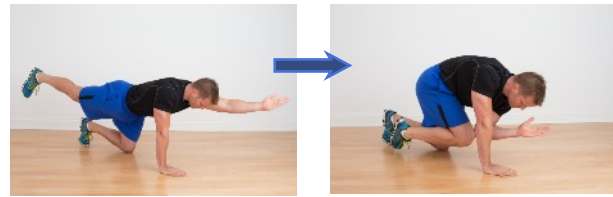
If practiced 2-3 times per week, these foundational exercises may build your "anterior wall" of stomach muscle strength. This is a great place to begin for increasing your "core strength," defined as your ability to brace or stabilize your mid section while the rest of your body moves.

Explore the movements in each series below, stopping if you feel pain. Progress up to practicing 2-3 sets of 6-10 reps of each exercise for a complete core workout.

These are great exercises to combine with the primary CatholicFIT exercises: walking (agility exercises), squat (sit to stand), push up, and genuflect (lunging pattern.)

Bird Dog Series

Extend & Reach to Tuck and Touch Elbow to Knee



A great move for balance and coordinating your right and left core muscles similar to how they work when walking and running. Extend and reach without your lower back drooping, then touch your knee to your opposite elbow for 6-10 times per side.

Straight Leg Sit Up & Seated Against Wall Stretching Series

Sit Up Start



Try to keep your heels on the floor throughout the movement. Use your abdominal muscles to pull you up and lower you back down each rep.

Sit Up End



Sit up to a tall position with your chest up and arms reaching towards the sky. Lower yourself under control back to the floor.

Hamstring with High Reach



Move your lower back as close to the wall as you can so your hips are near 90 degrees, press your big toes and ankles together for 5 sec at a time. Work in some high reaches too.

Butterfly with High Reach



Begin in the same position, but pull your heels together to stretch your inner thighs. Press your knees towards the floor and reach high to increase the intensity.

Fit Ball Roll Out with Modified Tuck & Reach Stretches

Fit Ball Roll Out Start



Start in a tall position and begin to fall forward with out bending at your hips too much. Extend your arms until your nose reaches the ball.

Fit Ball Roll Out End



Think about your ab muscles applying the brakes at the bottom, then contract your stomach to pull yourself back up to the start.

Fit Ball Tuck & Reach



With your arms parallel and resting on the ball, relax your chest towards the floor to stretch your under arms and shoulders.

1 Arm Fit Ball Tuck & Reach



Support yourself with one arm and stretch one side at a time. You can also put the ball out to the side and stretch your shoulders and chest.

Plank Row with Posterior / Anterior Stretches

Push Up Plank



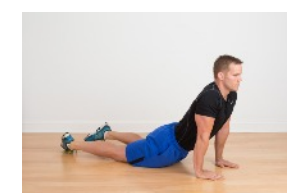
Keeping your elbows straight, pull your shoulders away from your ears and breath deeply. Your index fingers should point straight ahead.

Plank Row



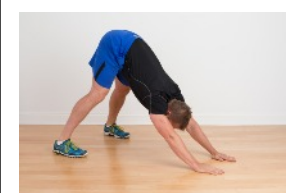
Widen your stance beyond your hip width, and "row" your elbows one at a time back to your waist keeping your hips square to the floor.

Press Up



Lower yourself down to the floor, then press only your chest and shoulders up off of the floor while relaxing your hips on the floor.

Inverted V



Keeping your back nearly flat, pull your hips up and back, let your heels drop towards the floor and press your chest towards your toes.

Unleash Your God-Given Physical Potential with the Culture Warrior Workout®

Culture Warrior *Stretch & Mobility* Principles

We have a lot of work to do out there. Stay fit with these core strength & stretch moves.



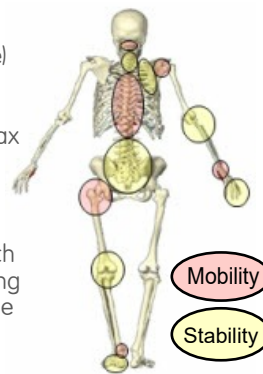
Keep Working, Playing and Serving with these 8 Culture Warrior Stretch & Mobility Principles

1. Effective stretching is an acquired skill - please be patient, your time invested will become more effective and efficient with practice. Just as athletes practice for games, we should all practice (and stretch) for life.
2. Hold static stretches for 2-3 minutes - use a timer to be sure the stretch is adequate. If you do not do this, you may cut the stretch short due to pain or incorrect estimation of how long you have been holding the stretch. Research shows 2 minutes is required to affect soft tissue (muscle) length.
3. Stretch desired movements & positions - what do you want to move better? What has tightened up by sitting all day? Your stretching/mobility sessions should usually mimic the move you are attempting to improve and/or unglue your body from the posture you have been in most of the day.
4. Test & retest to see if the stretch made a difference - consider what result you are aiming for and test that movement and muscle tightness before and after the stretch to be sure it is causing change. For example, do 5 squats before and after you stretch. Learn what works for you and work it until you feel a difference.
5. If you plan to live and play hard, you must stretch hard - most of us are hard on our bodies, working and sitting with poor posture most of the day. If you sit most days, but want to get out and garden or golf for four hours this weekend, stretch enough to counteract the sitting you are doing. Stretch today, play more tomorrow.
6. "Does it hurt?" is a YES/NO question - if you feel pain or you think the stretch is doing more harm than good, it probably is. Stop. Find a new position, body part or just revisit it tomorrow.
7. Stay hydrated - dehydrated muscles are not flexible, tear easier and decrease your speed and overall performance. Aim for half of your bodyweight in ounces during most days, especially when you plan to be outside more or are exercising.
8. "Tight" doesn't always mean "stretch it" - what seems to be a tight or short muscle is often a stiff muscle caused by weakness, injury, poorly functioning muscles or a body part out of alignment. First, focus on a nearby joint or massage the effected muscle to cause change and release tension from the area.

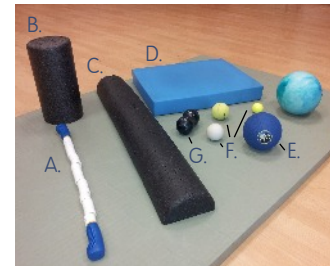
Mobility 101 - Joint by Joint Approach

To move well, your body uses a balance of stability in some areas and mobility in others. For example, your shoulders are more flexible (or mobile) than your knees due to their purpose. Check out this graphic and note the "every-other" joint by joint pattern through the body. When your ankle is tight, your body compensates by forcing your knee to be more mobile (lax or loose) to maintain the relative pattern, resulting in knee instability.

If this compensation remains, problems (aches & pains) occur. Thus, when your knees hurt, it may mean your hips or ankles are tight. Or if your lower back feels extra stiff, there is a good chance your upper back or hips, which should be more flexible, are tight. Your body makes up for this by increasing muscle spasm in your lower back. You may not need that second cortisone injection in your knee but instead just 6-10 min. a day of the appropriate ankle, hip and upper back stretches and mobilization techniques.



Home Bodywork Tools



- A. The Stick
- B. 12" Full High-Density Foam Roller (the more popular type is longer and 36" long)
- C. 36" Half Foam Roller
- D. Airex Pad (you can also use pillows, exercise mats or couch cushions)
- E. The Orb (our favorite rolling tool)
- F. Lacrosse, Tennis, Golf and semi-deflated kid's kick ball
- G. Peanut - two tennis or lacrosse balls held together with electrical tape

Unglue Your Muscle Tissue with These Self-Massage Techniques

Reducing the injury and pain-causing tension put on your joints by tight muscles requires more than just stretching. Begin with the ideas below and take time to find the knots, trigger points and matted down, stubborn tissues throughout your body to unleash your recovery and performance capacity.



A. Pick up "The Orb" on Amazon.com to dig into your hamstrings (pictured) and other tight areas.



B. The calves and heel cords are thick, stubborn areas. A PVC pipe may be necessary.



C. Begin with a foam roller to hit your glutes, you can graduate to a tennis or lacrosse ball.



D. When your "IT Band" tightens up, your knee will start barking. Roll from your hip to your knee.



E. A tennis ball can be used all over - smash it like this for bunion pain and plantar fasciitis.

Unleash Your God-Given Physical Potential with the Culture Warrior Workout®

CatholicFIT.com
Facebook.com/catholicfit

Dave@DaveReddy.com
[@CatholicFIT](https://Twitter.com/CatholicFIT)