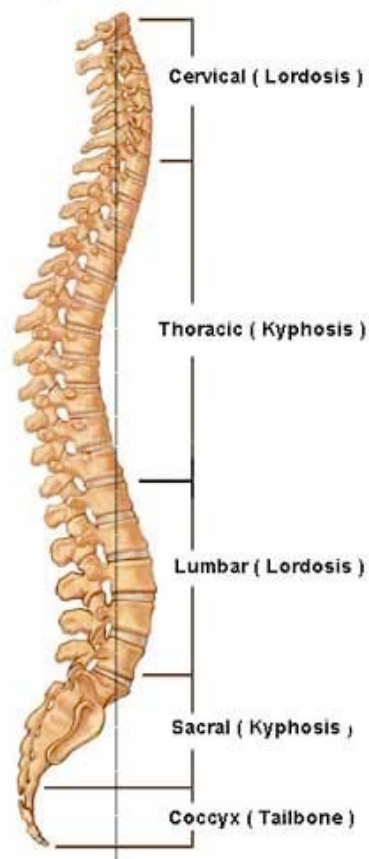




Lateral (Side) Spinal Column



Core Strength!!!

What is it?

Before we talk about core strength lets take a minute to define exactly what it is. We have talked about the idea of “functional” training before and how CrossFit defines it compared to other fitness programs. The concept of “core strength” is similar in it being a big buzz word in the fitness community. This issue is not one side being right or wrong, just simply what we believe to be “core strength” in CrossFit.

Simply put core strength is midline stabilization. Above you see a picture of a spine from the side view. This is the natural curve that your spine has. In this position your spine is incredibly strong and can handle very heavy loads from off the ground as well as overhead. As soon as we yield that natural curve of our spine we lose the benefits it has to offer. Midline stabilization is maintaining that natural curve. It’s what you are doing when we tell you to have a “flat” back or “arch” your back. More specifically it would mainly be keeping the lordotic (lumbar) and kyphotic (thoracic) curves in your back.

When doing deadlifts, overhead squats, presses, kettlebell swings, and all sorts of other exercises you have to maintain midline stabilization for a couple

of reasons. First and foremost is safety. As



Coach Glassman helping Nicole with a flat back!

mentioned above your back is extremely strong in this position, but when you give into a “rounded” back you expose your spine to some nasty things. Disc damage, nerve damage, and unnecessary tension on other muscles that are not intended to do the work you are asking them to. The second reason is simply so that you can do the movements. If any of you have

tried to do an overhead squat with a rounded back and lack of core stability you know what I’m talking about. It’s nearly impossible to hold weight over your head while squatting and not maintaining core stability. This is part of the reason why overhead squats are so much more difficult than a back squat. There is an increased demand on core stability (midline stabilization).

We don’t develop core strength by just rolling around on a ball, and doing crunches. Accessory core work outside of your regular WOD’s is important but should come in the form of hip extensions, back extensions, hip/back extensions, knees to elbows, GHD sit-ups, abmat sit ups, etc. done with correct form. These are some things that you will all be seeing more of as we get into our space with the capable equipment. In every one of your WOD’s you are exposed to the demand of maintaining midline stabilization. It might be in the form of a thruster, or even a push-up, but the demand is there in one aspect or another. Most of the major movements in CrossFit work from core to extremity. This means that we are usually using our hips for the beginning of the movement and our extremities follow since they aren’t as powerful.

In order to have that powerful hip extension with load midline stabilization is mandatory.



Just in case you were wondering you are working your core in every workout. So if you ask when we are going to do sit-ups again and you've just done a workout with heavy deadlifts and the demand for midline stabilization stop worrying. That was your ab workout. Make the time to develop a bombproof core and you will see improvements in all of your lifts and workouts. If I can develop a body weight overhead squat, which takes some serious core strength, I can do sit ups on a ball pretty easily. Training to do an overhead squat by doing sit-ups on a ball isn't going to work. Keep your standards high on "flattening" that back and make sure you stick to it no matter what. Wether squatting, deadlifting, performing a push up, or doing a wall ball shot maintain midline stabilization... because that is core strength!

Yielding to midline stabilization with a round back in a poorly performed deadlift!



Jake gives into a bit of a round back with that heavy weight but still keeps things safe!

CrossFitter of the Month: Dave Hill

1. What do you do for a living?

I'm a living legend at Stein Eriksen Lodge. I have been working as a bellman for the last ten years. I live in my 110 yr. old house in Heber City, UT with my exceptional girlfriend Veronica.

2. What are some of your interests?

XC skiing, Telemark skiing, running, hiking, the Boston Red Sox, the New England Patriots, the Boston Celtics, Sports Illustrated and spring vacation in the Caribbean or Mexico.

3. What is your favorite kind of workout?

Tabatas (b/c I know there is a built in break on the workout, rowing, running, push-presses, wall balls. But please do not make me do a handstand or jump over a rope that has to pass underneath my feet 2 times before I touch the ground again!

4. If you could have any kind of superhero power what would it be?

To be able to leap tall buildings in a single bound. I also the Hulk and the fact that he has to walk through doors sideways because of his pecs.



Who is Dave Hill?

I traveled all over the world (Belgium, Spain, Japan, Australia, Germany, Sweden, France) with the US Track & Field Team from 1991-1997 in support of a world class runner. I grew up racing in the US runner's mecca of Boston and New Hampshire. I have been racing since I was 15 back in 1974 when Nike was just getting started. I consider myself an above average recreational runner and experienced some success and had a lot of fun. I also enjoy XC ski racing but as I grow older, I enjoy skiing powder much more.

I was one of the charter members of CrossFit back in June 2007 and really enjoy the diversity and difficulty of the workouts and Chris's guidance. I hope to be like Chris Spealler and Eric O'Connor when I grow up!

Dave is a great guy that you can find in one of the afternoon classes and he is sure to smoke you on the running portion of the WOD! Dave, I too admire the Hulk for the same reasons as you... I still haven't been able to give up my Hulk tightie whities from when he was my hero as a kid as well!



Dave, the squat form has come a LONG way since day one!!!

3...2...1...GO!!!

EVENTS:

I apologize for the lack of events lately.

Hopefully there will be a huge one coming up though. The space is being painted and I'm hoping to be able start moving things in by the end of next week. There still needs to be some electrical work done before I can get in there but I'll keep you all posted. We will get you in as soon as we can and have a big grand opening about 4 weeks after you break things in for us!!!

-Put it on the radar for sometime in September. "Fight Gone Bad 3" the fundraiser for prostate cancer research will be coming up late next month. I'll be sending out some info to any of those who want to participate in the next couple weeks.

The rope climb... yes you will be doing this someday!

