

# GET FIT!

## BQuick Athletic Development

### CORE

When we train and say "core", we mean all of the muscles surrounding the spine, ribcage, and the pelvis. Most people just train "abs", which is only the front (anterior) portion of the body. When we train "core", we work the upper and lower abdomen, transverse abdominus and internal/external obliques, quadratus lumborum and spinal erectors in the back. This will ensure that we achieve and maintain balance around the pelvis, ribcage and spine. This balance will increase the efficiency of your functional movements and overall strength, since the core and spine are the central processing units of the body, and will help to ease and alleviate pain in the lower back area. Here are 3 "Core" exercises to add to your routine for strength and balance:



## 2 WINDSHIELD WIPERS

*target area: intrinsic pelvic musculature, transverse abdominus, internal/external obliques, quadratus lumborum*

To start, lie down on your back with your arms spread out parallel to your shoulders, palms facing down (for leverage). Raise the feet and legs so that the legs are straight and perpendicular to the ground, feet above the hips. Allow the legs to fall toward the ground to the left, keeping the feet about 1 inch off of the ground, then bring the legs back to the starting position and repeat the same movement to the right, repeat both ways until done. Perform 2-4 sets of 10-30 repetitions each side.



## 1 V-UPS

*target area: upper and lower abdominals*

This exercise is a combination of a sit-up, and a leg lift done simultaneously. To start, lay down on your back, feet and hands never touch the ground until the set is completed. Lift the shoulders and the legs simultaneously, meeting hands and feet in the middle, then go back down toward the floor, keeping the hands and feet off of the ground, repeat until done. Perform 2-4 sets of 10-30 repetitions.

## 3 GOLFER REVERSE CRUNCHES

*target area: spinal erectors, quadratus lumborum, transverse abdominus, internal/external obliques*

Start on all fours with the hands under the shoulders and knees under the hips in a tabletop position. Place one hand by your ear, starting with the elbow as high as you can get it. Try to bring that elbow between the space of your opposite arm and knee, then bring the elbow back up as high as possible and repeat, then switch sides. Perform 2-4 sets of 10-30 repetitions each side.



## Are you struggling to meet your fitness goals?

**Let BQuick put the science behind your training program.**

BQuick has the newest and most scientific method for assisting in your weight management/loss/gain, achieving your fitness and performance goals, and improving your quality of life! At our metabolic testing lab, we provide metabolic assessments that can inform us as to how many calories you burn per day at rest, and where your optimal heart rate training zones are for burning fats and carbohydrates as fuels. This cutting edge science provides us with the tools to design specific workouts and nutritional guidelines for you to follow that will help you specifically and individually achieve your fitness goals and aspirations!

BQuick Athletic Development is the only company in the state of Louisiana and the Gulf Coast to offer the New Leaf Metabolic Testing System!

Please visit [bquickfitness.com](http://bquickfitness.com) to read our metabolic testing testimonials or call to make an appointment.

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