

# Bender Method Selected Stabilization

With Leslee Bender

# Bender Method™ of Training

- devoted herself to researching and creating a systematic and effective approach to traditional core training utilizing the Bender Ball™
- This program is unique in that it starts with the fundamentals and teaches you to become a Over the last 8 years, Leslee Bender has critical thinking instructor
- Each exercise has been analyzed and designed to be functionally safe for today's general population
- The Bender Method™ has been documented and recorded with the Journal of Applied Research

# Journal of Applied Research

- Utilizing the Bender Ball™ will generate 4 times the work in an abdominal crunch per second of exercise
- The degree from flexion to extension was increased from 50 to 90 degrees which can not be accomplished with standard floor crunches or with a Swiss Ball due to its larger diameter and size, thereby giving the Bender Ball a significant advantage in working the muscles harder and at a better range of motion
- [www.jrnlappliedresearch.com](http://www.jrnlappliedresearch.com)



# Bender Ball™



- Core
- Personal Training
- Mind Body
- Body Conditioning
- Aqua
- Pre / Post Natal

# Our society



# Typical posture weak abs



# What does selected stabilization means?

- Learning to stabilize before you mobilize
- Sub conscious training
- When the body automatically stabilizes the spine and the appropriate muscles to create safer movement patterns.
- For example not learning to brace the abdominal wall before doing abdominal training can lead to injury.
- Utilizing the small ball will dramatically increase the use of the correct muscle groups

# The Journal of Applied Research Vol 7, No 3 2007

- Utilizing the Bender Ball will create 4x the work as abdominal crunches per second of exercise
- The greatest degree was from flexion to extension of exercise from 50-90 degrees which cannot be performed on the floor or on a large ball because of the size, therefore giving the small ball the advantage in working the muscles harder at a better ROM





# Core muscle exercises in common training programs

- Train the TA, RA, IO,EO
- Utilizing stability balls
- Stabilization of the core of the body
- Reduction of lower back pain
- increased recovery and oxygen kinetics following exercise training
- Better blood pressure control eg: sitting rolling over a small ball rather than being completely supine

# Stabilization of the trunk

- Strengthening these muscles not only has strong effects in the body such as cardiovascular training, but creates stability in the trunk to extend during reaching or twisting exercises.
- Back injuries usually occur with people in their twenties, but do not experience an injury again in their forties or latter.
- Injuries cause billions in lost wages and medical care when indeed many of which can be prevented.

# What the study says

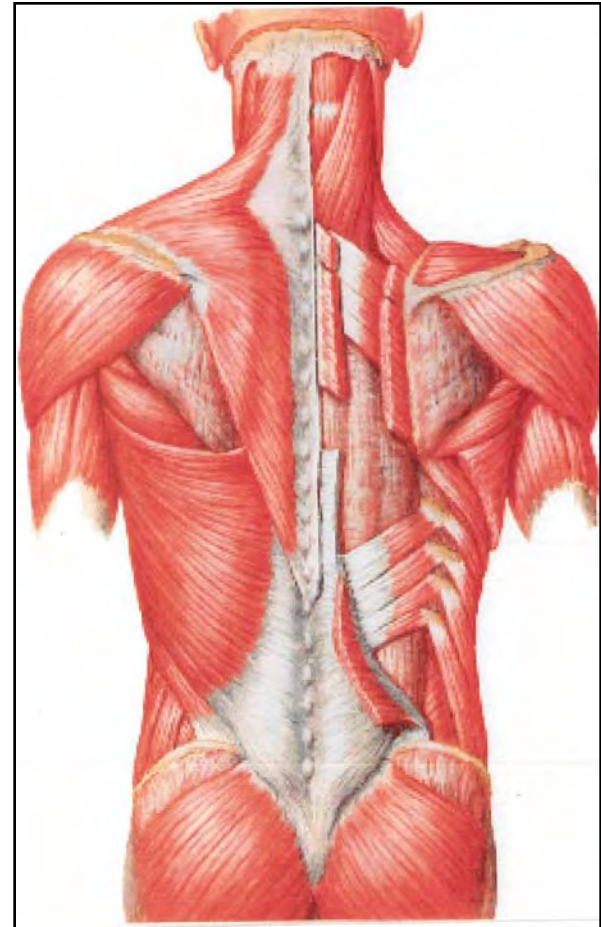
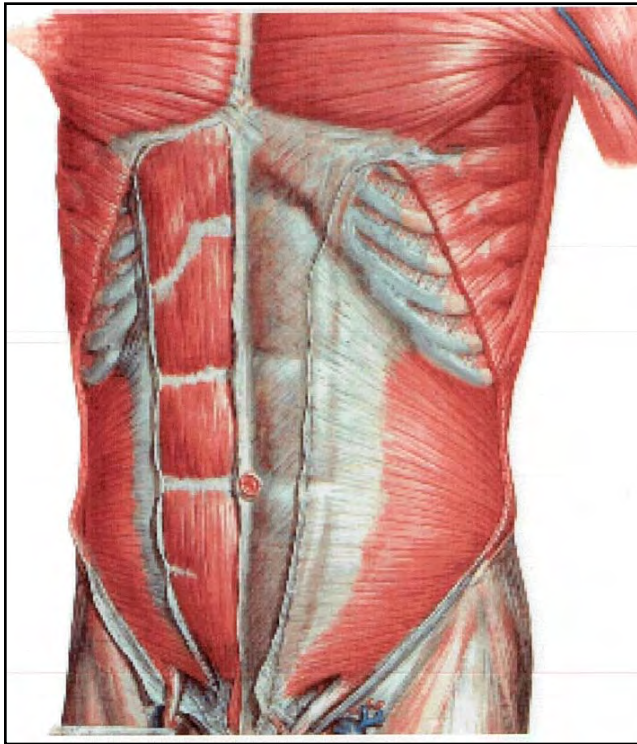
- Floor crunches predominately activated the RA with little to no work for the spinal muscles
- Swiss Ball higher level of activation of all muscle groups depending on the degree of extension
- Mini ball greatest activation of all muscle groups from flexion to various degrees of extension

# What Selected Stabilization means

- Local core is deeper. Neurological the thought process of an exercise
- Global core more superficial activating the muscle that is to be moved
- Skeletal last to fire eg: RA during a crunch

# Core (cont'd)

Anterior and Posterior Views of Core Muscles



# Exercises that can change the way we support our body. Focused training

- Multiple levels standing balance
- Breathe Activate core muscles
- Seated ½ curl with variations
- Standing observation of core balance
- Oblique twist with variations
- tempo changes
- ½ curl with alternating knee lift
- Side lying torso lift
- Side lying torso lift with hip abduction
- Supine toe taps, knee twist, hip circles
- Bridging with variations

# Sample partner stabilization

- Standing press lunge
- Standing press rotation
- Seated press
- One foot balance ball toss

# Sample stabilization exercises



- Each exercise uses with the ball requires stabilization of all the core muscles first before mobilization
- Begin with an inhale, exhale stabilize and move.



# For more information regarding core activity

- Core muscle activity during exercise on a mini stability ball compared with abdominal crunches on the floor or a Swiss ball the Journal of Applied research vol 7 No 3 2007
- Low Back Disorders Stuart Mc Gill 2006
- [www.bendertraining.com](http://www.bendertraining.com)