

# 3 EXERCISES

YOU NEED TO  
**BALANCE AND  
STRENGTHEN  
YOUR BODY**



E K E M B A S O O H

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## **Let's Get Started!**

Dear Friend,

The amount of exercises a person can do is overwhelming. Type in “best exercises” in Google and you get a whopping 2,170,000,000 results in less than a second! I don’t know about you but this definitely waters down the idea of “best.”

It becomes even more confusing to determine which is the right exercise for you! So where to start? Well, any successful exercise program should always be thinking about balance. And I am not talking about standing on one leg and not falling down. Balance means that your structure (body) is in the right place with enough strength and freedom, so that you function at your best.

And please don’t be led into believe that if you just do a bunch of different types of movements or activities that it will lead to having a balanced body....because it won’t.

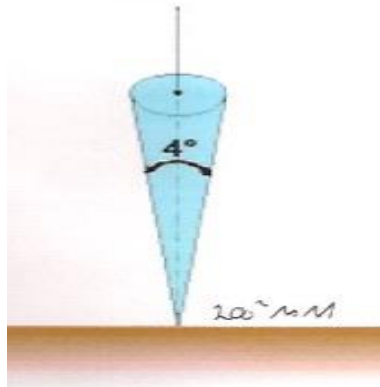
You see, every movement you do is an education to your body. So it makes complete sense that you would want to do exercises that properly educate your body.

I am an Osteopathic Soma Therapist and Trainer with 30 years of experience. I have put together 3 exercises you can do that will drastically improve your body’s balance and function.

But first, this is why you should do them:

## The Gravity Line Squat:

To be balanced, your body needs to be aligned properly and to be able to stay balanced within your gravity line. Your gravity line is a 4° inverted cone that stems from a point about as big as a quarter.



There are a lot of factors that will affect your ability to stay within this cone, improper posture, injuries etc. If you do not have a good gravity line, then your body is working extra hard to not tip over (stay balanced), which can mean extra stress on other areas of your body to maintain your balance.

To maintain balance, the gravity line squat is a great way to start. You see, the gravity line squat works with your eyes, ears, TMJ: temporomandibular joint (jaw), spine/neck and feet. It doesn't replace the benefits of working those areas individually, but it does "work" all those areas in conjunction with your gravity line.

When your gravity line is in balance and your body is aligned, the forces that go up through your body, from your feet to your head move effortlessly through you. This helps you to not waste a bunch of energy throughout the day trying to keep yourself upright, and it also reduces body pain because these forces are not stopping in weak areas and causing pain. It also helps you move properly because your muscles are free to do their jobs.

## **Roll up, Roll Down Abs:**

Your abdominal muscles need to be able to simultaneously keep you upright and move you around dynamically throughout your day. It is the main muscular structure that connects your upper body to your pelvis. Your bones and spine are not supporting you. You have a handful of main ways that you can either move your abs via your trunk or pelvis and countless combinations that could be performed just to function throughout the day. Just doing a couple of crunches or planks aren't going to cut it.

But out of all of the hundreds of exercises that you could perform, the one that you want and need to master FIRST is the roll up, roll down abs. This will start to train your abs to have enough strength and movement so that they can help keep your body balanced and moving efficiently throughout the day. Then eventually, you can handle more complex abdominal movements.

## **Butterflies aka Interscapular Muscles:**

To have a strong and balanced upper body, your shoulder girdle needs to first be balanced. This is because you have 5 joints on either side of your shoulder girdle where a bunch of soft tissue is connected. These tissues need to have the proper amount of tension and compression so that all the muscles and joints can work properly. If one area is off, it throws the whole system off. Well, these 10 total joints have one area in common, the shoulder blade (scapula). So, it makes sense that these bones need to be in the right place to give the other joints and soft tissue a chance to be balanced.

This is where butterflies come in. They pull the shoulder blades back to where they should be and keep them there.

## **You can start now!**

It doesn't matter how fit or healthy you are now, or how much free time you have - it only takes 30 minutes every other day - and you don't need any special equipment. Just be very aware of how these exercises are affecting you and your form. Since each person's challenges and needs are not the same this routine should be incorporated with other exercises that work to balance your body. Be a good judge on whether these exercises are appropriate for you....and take your time!

*\* If you have an acute pathology going on, it might be best if you don't do these at this time. Take care of your issue and when the time is right come back and work on them.*

So, without further delay, let me show you...

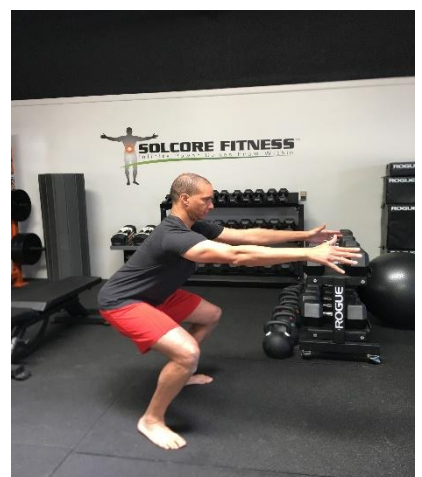
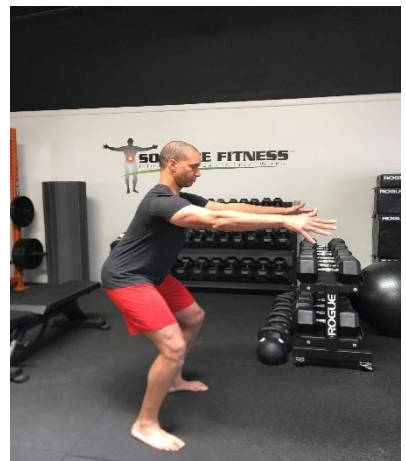
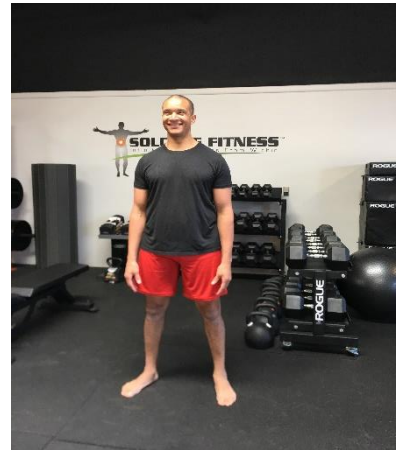
***3 Exercises You Need To Balance And Strengthen Your Body.***

## The KING Of All Exercises

Love or hate, the squat it is the best global exercises for balance and strength. It's also incredibly beneficial to your health.

Here's how to do a squat...

1. Stand up with your arms by your side. Feet outside your hips toes slightly pointing away (to your comfort level).
2. Start by tucking your pelvis and your chin. Push your knees toward your toes, allowing your upper body to lean forward, while keeping it parallel with your shins. Sink (drop) & slide your butt to the floor while pushing your heels down. Look slightly down and forward (to keep your neck straight). As you go down pull your arms up, so they're straight out in front of you.
3. Only go as far down until your thighs are parallel to the ground while keeping your heels on the ground.

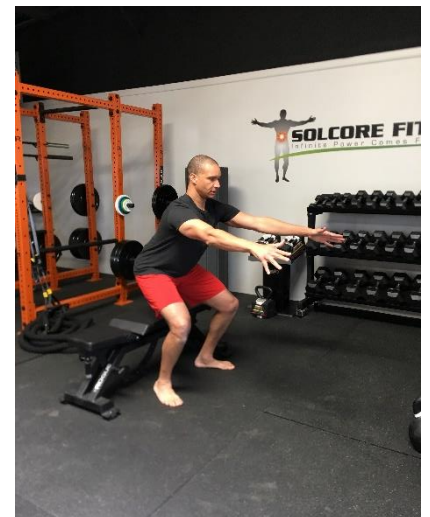


4. Now push up from your feet, leading from your head, to stand up straight again. Move your arms back to the side of your body.



5. Repeat up to 3 sets, up to 50 repetitions each set.

6. If you know that you can't get your thighs parallel to the ground, then stand in front of a bench and act like you are sitting into a chair (but don't sit). Keep your form and don't stick your butt out. Go only as far as you can while keeping your form.



### Teaching points:

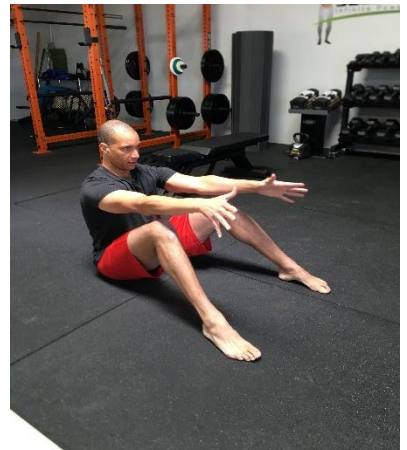
- Keep your heels to the ground especially the back outside part.
- As you slide your weight back, keep your toes on the ground.
- Don't keep your eyes forward or look up as your squat. The idea is to have a straight bar in your upper body as you move down and up.



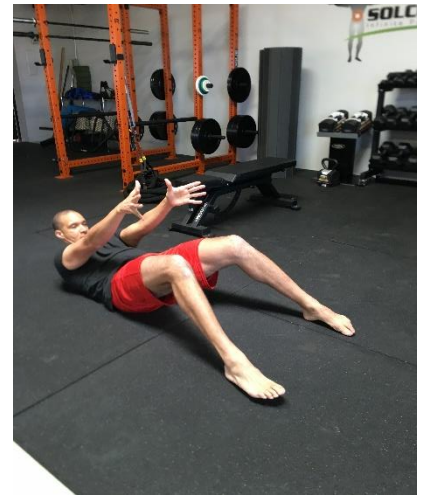
## Awesome Abs With Roll Up, Roll Downs

Here's how to do a roll up roll down...

1. Sit down on the floor and push your arches to the floor. Legs should be hip width apart. DO NOT lock your toes under a desk or other weight.
2. Take a deep breath and as you breathe out, start pushing your lower back to the ground (one vertebrae at a time) and lean back.
3. Continue breathing out, while continuing to push your lower back, then mid back to the ground. Tuck your chin.



4. Stop rolling when the bottom of your shoulder blades hit the ground. Then breathe in and roll back off the ground. Keeping your chin tucked. Once you get to the top of the roll, sit up as tall as possible.



5. Repeat 3 Sets (as many repetitions as you can) up to 100 repetitions

6. You can always do this in a “Good Morning” position and have your hands on your knee and do the exact same form. It is a good way to warm your spine up and focus on form while not going too far.

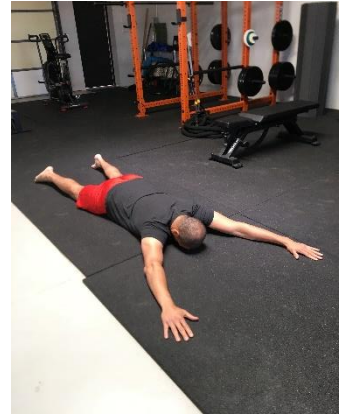


### Teaching points:

- At the start, it's important you keep yours in arms in front of you or across your chest (harder!).
- Make sure the tension is always in your abs. When you get to the point where you need to *"throw"* your upper body to sit-up or your feet are coming off the ground, you should stop.
- If you can't get all the way to the ground, go only as far as you can using the same form, then slowly work down further over time.

## The Best Upper Body Exercise For Balance

1. Start by laying on your stomach with your arms about 30° - 45° wide from either ear.



2. Make sure your forehead is on the ground and your pelvis is tucked (lower back flat not arched).



3. Push your chest to the ground and pull your arms straight to the ceiling while keeping the same arm distance apart. Focus on pulling the muscles between your shoulder blades.
4. Continue the movement up and down (like a butterfly flapping its wings). Keep your forehead on the ground and your pelvis tucked.
5. Repeat 3 Sets (as many repetitions as you can) up to 100 repetitions

### Teaching points:

- Don't bend your elbows or allow your arms to drift toward your hips as you go up and down.
- Keep your pelvis tucked. A big cheat is to arch your back (this will kill your spine).

# Your Fast Start Exercise Plan

Week: \_\_\_\_\_

Exercise	Reps
Squats	Up to 50
Abs	up to 100
Butterflies	Up to 100
Rest	1-3 minutes

*(Repeat circuit for 30 minutes)*

\_\_\_Day 01    \_\_\_Day 02    \_\_\_Day 03

## Instructions:

- Print off this page every week and stick on your fridge, by your computer or somewhere else you'll see it.
- It's important to start with a good warm-up (not stretching) and end with myofascial stretching and some ELDOA's after each workout.
- I want you to challenge yourself with the form and the reps. You get a 1 to 3 minute rest after each circuit.
- Do this 3 times a week for 30 days. Check off Day 01, Day 02 and Day 03 after you complete each day. It's good to schedule specific days to help with habit forming... For example: block in your calendar for Monday, Wednesday and Friday.

## **What To Take Away From This Report:**

The reality is, any good workout program should start with a proper assessment and an individualized comprehensive holistic program. However, most everybody needs to master these three exercises. If you can learn these 3 exercises, and spare just 30 minutes every other day, you'll be on a great start.

And just starting, easily *doubles your chance at success.*

But this is by no means all you need to do! Your body is holistic, and that means it is integrated and interdependent.

Your body has hundreds of muscles, ligaments, joints, and fascial connections that ALL MUST BE TRAINED in many different ways and a specific format, along with all the other holistic factors that must be combined within a program. And this format has to integrate into YOU, where you are starting now and want to go.

The fastest, most efficient, and safest way to have a body that can keep up with the life you want to live is to use a Holistic program with an experienced practitioner.

We have options of classes, privates (therapy and fitness), and a personalized online program. Schedule a complimentary diagnostic consultation to learn more about our program and see if it and any of our offerings are a good fit.

In this consultation, we'll go over the following:

- Where you are starting from now
- Where you want to go
- The obstacles that are preventing you from getting there.

This way, we'll get a broader view of the path that you need to take so that we can provide you with valuable information. And if we see that you are a good fit, we will offer you a spot in one of our programs. Use the link below to book. You'll be taken to Calendly and our calendar to choose a date and time.

**[Claim Your Complementary Consultation](#)**