

# What Exactly IS MYOBALANCE?

So glad you asked!

You see, there's 2 sets of muscle systems in your body. One that *tightens* with stress, one that *weakens* with stress.

And when emotional, physical, and nutritional stress builds up, a damaging pattern of muscle imbalance occurs that leads to unhealthy aging. It's called "Crossed Posture Syndrome" or CPS.

CPS places damaging overload on your joint cartilage and sends an "alarm" message to your brain, which initiates a stress response. If it becomes chronic, it causes immune system depression, belly fat deposition, bone demineralization, brain cell death, depression, and many other problems associated with stress physiology.

Our goal is to reverse the damage of CPS by teaching you how to "Tone Down" the stress and tension system and "Tone Up" your growth and renewal system.

This creates muscle balance and the result is more attractive posture, pain relief, better balance, more energy, and a more active, happy, and fulfilling life.

We do this through live workshops, group coaching programs, individual treatment programs, and "Home Transformational Systems" with DVD's, CD's, and Manuals.

This MYOBALANCE Fundamentals Mini E-Book will lay your foundation for more efficient, strain free movement.

Enjoy these simple but powerful exercises! The upright posture is very fragile so do everything in your power to preserve and protect it!

STAY VERTICAL!

*Dr. Steve*

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## Front and Back Support Zone Awareness & Self Tests

**Objective:** Core endurance and coordination training with breath



### **BABY BELLY**

#### **Ready Position:**

Lying on stomach, forehead on floor, elbows and wrists connected, knees slightly open, breathing into the belly, sides and back. Notice how the breath creates a slight intra abdominal pressure/ bracing feeling around your core



**Procedure:** Connect the pubic bone and lower ribs (*front support zone*) and engage the pelvic floor. With a lengthened neck, barely lift the head and legs off the floor by pushing away from the pubic bone, lower ribs, and elbows. Your *breath* lifts and supports you. *Intention* of pushing away creates more awareness of your abdominal “brace”. 5 reps holding for 2 slow breaths



### **BACK SUPPORT ZONE AWARENESS**

Recall the feeling of pushing away from your pubic bone and lower ribs and connect your mid to low back (back support zone) to the floor. Inside of the elbows are connected, base of skull is connected along with 3 pillars. Let your breath lift you from your back support.



### **ONE LEG LIFT SELF TEST**

Maintaining back support zone, VERY slowly lift one leg. Your support zone should not change. A shift of weight down to your pelvis or to the side of leg lift indicates a dysfunctional deep core stability system. Try again using your breath to stabilize you.



### **BABY BACK SELF TEST**

This is the set up position to test your deep core stability system from the position of a 4 month old infant. Knees should be slightly wider than shoulder width, pelvic floor engaged, elbows connected, back support zone connected, and base of skull connected. Breathe and feel the lift and brace from the intra-abdominal pressure (IAP) created by the breath.



### **ONE LEG REACH SELF TEST**

Maintaining IAP created by bracing and breathing, slowly extend one leg until you feel your support zone shift to your pelvis. Return and check opposite side.

Use this test as an “audit” to check your progress. Goal is to completely extend legs without losing back support zone and IAP. Remember...Breath is the key.

# MYOBALANCE METHOD™

## Baby Back and Dying Bug

**Objective:** Core endurance and coordination training with breath



### **BABY BACK**

**Ready Position:** lift one leg at a time, bringing both up to just past 90 degrees slightly wider than your hip joints. Arms extended in front of you like you're holding a ball. Fingers reaching and spreading.

**Procedure:** Simply breathe into your back support zone while keeping the intention of “pushing away” from the imaginary ball. *Experience the lift* the breath and brace provides. **2 or 3 slow breaths**



### **DYING BUG**

**Ready Position:**

Back support zone anchored with brace on. Knees slightly more than shoulder width. Spine is long.

**Procedure:**

SLOWLY reach outward with opposite arm and leg. Hold reach position for 1 to 2 breaths.

**Stop your reach away if you feel your support shift from your back support zone to your pelvis.**

Return to back support zone and breathe.

**Repeat 5-10 times slowly, alternating legs**

# MYOBALANCE METHOD™

## Foam or Floor Angels

**Objective:** Open up a closed down, forward drawn upper quarter posture and offset daily work posture patterns.



### **Starting Position:**

**LEVEL I:** Lie on foam with tailbone on one end and back of head on the other. Knees bent. Feet flat on floor. Arms out stretched low diagonal with palms up, elbows tucked gently toward ribs. Thumbs, pinkies and wrists trying to maintain connection with the floor.

**Procedure:** Reach outstretched fingers away from body and slowly bring them up over your head, then back down (keeping palms up). Each rep should take 2 to 3 full round breaths. Keep ribs cinched down all the way around. Focus on keeping back support zone connected to foam roll. **10 slow reps**



**LEVEL II:** Add set of 10 angels with elbows at 90° keeping pinky on the floor and maintaining the 90° as you bring the elbows toward sides. Keep ribs down and neck long throughout.



**Baby Back (knees up):** focus on breathing into back support zone while “pushing away” from inside of elbows. Maintain position for 10 or more breaths...build endurance!

**Coaching tips:** As you pull arms down your sternum will want to rise and your chin will want to poke. Keep your ribs knitted and your crown up. You may not be able to reach your arms all the way over your head or down to your side. Don't sacrifice your form to achieve. Engage pelvic floor, breath full round, sending breathe to the back support zone.

# MYOBALANCE METHOD™

## T-4 Mobilization

**Objective:** Break through thoracic spine blockages to free up shoulder and neck motion



1. **T-4 Mobilization...** Maintain brace as you arch up gently into the upper back then reach away, as you roll out on the foam roll, sinking gently through upper back while lengthening through the crown, tail up.

Alternatives to foam roll: roll out onto a ball or place forearms on a chair.

## Push Away Lunge

**Objective:** Open front of hips, feel “lift” the push away intention creates



**Getting into position properly:** feet shoulder width apart. Take half step forward and half step backward into a long stride. Get on the ball of your back foot with knee bent slightly.

You may use a chair, counter, wall, etc. for stability until your balance improves.

Push away from support points, brace and breathe. Imagine your pelvic bowl is filled with water. Keep it level so no water splashes out.

**Procedure:** *slowly* drop in a straight vertical line focusing on bending the back knee. Use a mirror to check that you’re not letting your front knee pass your ankle or letting your low back arch.

Hold the dip for a good slow breath, keeping the water from splashing out the front of your pelvis. Your “push away” intention along with your breath is creating a strong and stable core.

Thrust back up, tightening your core and “push away” from your support points (including the “heel” of your hand and your elbows)

Feel the lift it provides as you “spiral” upward. You may also squeeze your glutes like you’re “cracking a walnut” to feel the additional thrust your powerful external hip rotators possess.

**5-10 slow reps each side.** Each rep should take 2-3 full round breaths.

**Progression:** Go deeper into your lunge and hold the lunge longer (up to 10 seconds)

**Coaching tips:** Brace core always. Pubic bone forward. Keep weight back. Be sure shoulder blades stay anchored down through your push.

