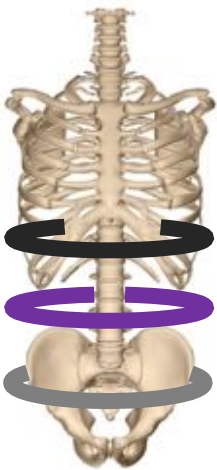


## core360 belt

### GENERAL EDUCATION & INFORMATION

The core360 belt product line has been developed by a physical therapist to provide you with the tools that will help you breathe properly and activate your core properly. These two functions are literally a part of everything we do and are the key to moving and performing optimally. Whether you are experiencing pain, recovering from an injury or surgery, training to stay strong and healthy or working to improve your athletic performance, adding in focused, specific training of both proper breathing and proper core activation to your daily and training routines, will help you **go further, faster**.

### 3 Levels of Breathing and Core Activation



When we have good or proper coordination of our breathing and core muscles, we will see certain movements occur at very specific areas of our body. Understanding where this movement should occur and what this movement should be helps you better understand how to retrain and improve this muscle coordination and helps you get more benefit from your core360 belt. This means better movement and performance with less pain and strain.

- Lower Rib Cage (SECONDARY LEVEL):** Corresponds to the **core360 belt breathe+**  
 Movement with breathing = 360° expansion around lower rib cage
- Waist (PRIMARY LEVEL):** Corresponds to the **core360 belt original**  
 Movement with breathing and core activation = 360° expansion around waist  
 This level is the primary level, the foundation, and should be included when training the secondary levels
- Lower Abdomen (SECONDARY LEVEL):** Corresponds to the **core360 belt IAP+**  
 Movement with breathing and core activation = forward/anterior expansion into low abdomen

#### ABOUT OUR UNIQUE PRODUCTS

In addition to the all-purpose **core360 belt original**, we have two belts in what we call the “plus” series. The **core360 belt IAP+** and the **core360 belt breathe+** were designed to complement the **core360 belt original** as part of a product line that provides our users with all the tools they need to address and target the 3 key levels and areas involved in proper breathing and core activation. Both of these were created with the intention of being used in addition to the **core360 belt original**, however for basic training and in certain instances each has value in being used on its own as well. The **core360 belt original** serves as the all-purpose training and performance core360 belt and targets the primary level of our abdomen which is located around the waist (between our ribs and pelvis). The **IAP+ belt** targets a secondary level, the lower abdominal area located at the level of the pelvis. The **breathe+ belt** targets another secondary level, the lower rib cage, located just below the chest.

For proper breathing and core stabilization to occur, we need good coordination and timing of all the muscles involved (diaphragm, abdominals and pelvic floor). When we have proper coordination, we will see specific movement occurring at each of the 3 different levels. This means not just getting 360° expansion around your abdomen/waist, but also getting 360° expansion around your lower rib cage and forward expansion in your lower abdomen. In general, the expansion in all of these areas, should happen together, at the same time as you inhale and/or activate your core. Many of us have a difficult time doing this properly. Instead of using primarily our diaphragm muscle to breathe, which is key to creating the 360° expansion, we tend to breathe with our chest and neck muscles. And instead of getting the good expansion that comes when we activate our core properly which creates the good intra-abdominal pressure (IAP) we need for proper core stabilization; we tighten our stomach muscles inward creating a narrowing. These two situations not only negatively impact our overall health and well-being, but also our posture, movement and performance.

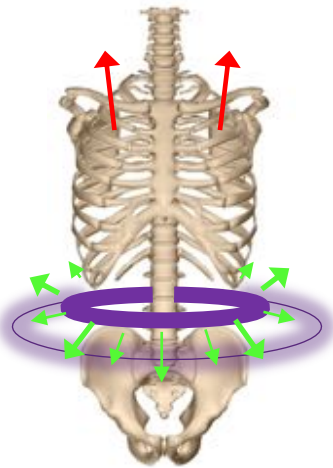
**The core360 belt original addresses breathing and core activation at the level of the waist.** The **core360 belt original** was created to target this primary level to help improve your breathing and core activation as part of the entire 360° breathing and 360° core activation we need. This level provides the foundation for successful training of these key elements of our movement. The **core360 belt original** can be used to improve rehabilitation, posture and wellness, training and performance. It is used to train both beginning and advanced 360° breathing and 360° core activation.

## core360 belt – Original

### Waist Level:

#### Location:

- The mid part of your stomach/abdomen at the level of your waist between your ribs and your pelvis (represented by purple circle on illustration at left)



Purple circle = Primary waist level  
Green arrows = correct direction of movement  
Red arrows = incorrect direction of movement

#### What should happen:

- With good inhalation and/or core activation, the abdominal wall at the waist level will expand 360° around your trunk (see green arrows on illustration to left)

#### What we look for:

- With inhalation and/or core activation, we want to see this area immediately begin to expand all the way around
- All parts of your abdominal wall should expand outward; into the front, around the sides and into the back (see green arrows in illustration). This expansion occurs with inhaling and just prior to tightening the stomach muscles when using your core
- With a good breathing and stabilization pattern, we want to see symmetrical expansion

#### Signs of a poor breathing or stabilization pattern:

- Lifting your ribs and chest up toward your head (red arrows left)
- Sucking in of the upper or lower abdomen with inhalation or core activation
- Expansion or tension only created in center portion (middle green arrow) and not toward the sides or the back (outer green arrows)

Just want the gist? Check out the quick use guide to get started.

Ready to dive in deep? Find more detailed information below and on social media

### **QUICK USE GUIDE: ORIGINAL CORE360 BELT: The KEY is getting that 360° expansion!**

**Respiration training:** in sitting or lying with the **core360 original belt** placed around your waist, inhale into all 4 pressure points. As soon as you inhale, try to feel the pressure increase all the way around the belt and at the pressure points as your abdomen expands 360°. With normal exhalation, your abdomen will move away from the belt and pressure points returning to the place where you started. This will result in a sensation of decreased pressure at the pressure points. Once able to do this, begin practicing in standing and while walking.

**Core activation/IAP training:** in sitting or lying with the **core360 original belt** placed around your waist push the belt away from you in all directions, expanding 360° around. This is done with an active “push”, **NOT** your breath. Then as you perform a movement, exercise, lift a weight or object, etc. maintain the expansion and tighten your stomach under the points. “expand, then tighten”

- Note: Before adding weight or movements, you should be able to expand 360° around the belt without your back rounding or arching, it should remain stable and straight. **See detailed use and instructions below.**

HOW TO PUT ON YOUR CORE360 ORIGINAL BELT



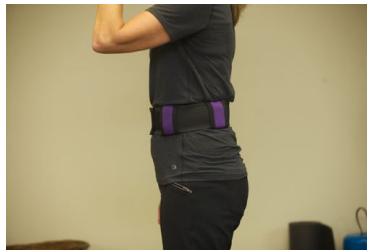
1. Place belt around your waist (see purple circle in illustration to the right)



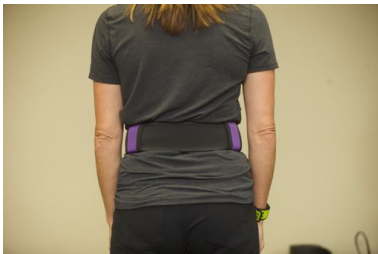
2. Fasten belt in front, typically just over your belly button



3. View from front with pressure points in typical location. Just below the ribs and toward the sides.






4. View from side with pressure points in typical location



5. View from behind with pressure points in place. Toward the back in the soft spot between the ribs and the pelvis



-  Breathe+
-  Core360 original
-  IAP+

**Location of points**

The location of the 4 points in the pictures above are the best placement and starting point for the majority of users. If you tend to pull your stomach in, placing the front points closer together at first may help you. Then once you can push the points forward, move them more toward the sides.

**How tight should the core360 belt be?**

Belt should fit snug, but not too tight. It should never feel painful or like it is restricting your breath or movement. It should only feel like it is helping you. You may find you prefer it a little looser or tighter depending on the activity you are doing.

**How to move the points**

To adjust the placement of the pressure points it is best to grab them by wrapping your fingers and thumb around the point holding on to protrusion. Then pull it away from your body a bit and slide the point. Don't move it by pulling the elastic band!

**\*\*\*PLEASE NOTE: Contraindications and Medical Advisory\*\*\***

You should NEVER feel any pain or strain when working with any of our products. Improving your breathing and stabilization patterns often reduces pain, but it is never a “no pain, no gain” philosophy when retraining these functions. If you experience any pain or strain, please seek advice and help from a qualified medical professional such as a physical therapist or chiropractor.

If you have a history of severe low back pain or recent surgery, high blood pressure, heart conditions, or any chronic medical conditions, please contact your medical doctor prior to using core360 belt products. If you are pregnant, please get approval from your OBGYN prior to using.

## CORE360 BELT ORIGINAL: GENERAL GUIDELINES FOR USE

The **core360 belt original** is our all-purpose training and performance belt that can be used during almost any movement, exercise or fitness activity. It can be used for both basic and more advanced training of breathing and core stabilization functions. Below we have outlined some general guidelines to get you started optimizing your breathing, core stabilization and movement using your **core360 belt original**.

1. **DON'T** try too hard! Use low level focused effort so you can start to feel how to inhale and/or expand 360° around your waist into the **core360 belt original**
2. Aim for symmetrical expansion 360° around your waist/abdomen
3. Being able to expand into the points that are located toward your back is really important. (see photo at bottom of page)
4. For initial, basic training, it may be easier to begin in sitting position, then progress to lying down once you have a feel for it.
5. Start by training in basic, simple and static positions like lying down or sitting. Then as you begin to feel how to create the good expansion and movement, start gradually adding more complicated movements, i.e. adding arm and/or leg movements, leaning forward with reaching in sitting or going from sitting to standing. Then progress to standing movements and exercises.
6. With 360° core stabilization, as the resistance or challenge increases, the tension in your abdominals should increase
7. During training and exercises, keep the common “cheats” in mind making sure you are avoiding them!
8. Once you learn the basic 360° breathing and core stabilization, you can apply it to any movement or exercise.
9. To progress your ability to create and maintain proper breathing and stabilization with everything you do, it is important to gradually increase the difficulty and challenge to your training in order to “strengthen” the new pattern you are learning.
10. Whenever you take on a new movement or activity using your **core360 belt original**, always build up gradually, whether adding resistance or duration to an exercise or training.

## CORE360 BELT ORIGINAL: BASIC TRAINING AND EXERCISES

At the very least, it is important to build and work on the basic foundation training “exercises” #1-4 in this section. Simply improving your ability to do these well can make a big difference in your posture and movement. However, we believe the best results will come from challenging your foundation beyond the basic.

As you challenge your new way of breathing and core stabilization, there are some common things we see that tell us things are not being done correctly. Keep these things in mind and look out for them!

### COMMON COMPENSATIONS OR “CHEATS”

#### BREATHING TRAINING

1. Chest lifts up toward head
2. Neck and back muscles tighten
3. Low back arches
4. Lower ribs are “locked” down and do not expand out in 360° with the abdomen
5. Expansion occurs around the front half of your abdomen, but not around the back half

#### CORE ACTIVATION/IAP TRAINING

1. Mid and/or low back flex (round) as you actively push the **core360 belt original** away from you to create that 360° expansion
2. Upper stomach pulls in and away from the logo of the belt as you actively “push”
3. Front of stomach “pooches” out and forward in one direction only. With good core activation the front of the stomach moves forward a bit, but it should be symmetrical around the belt. We are not looking to stick it out and “make a belly”.
4. Low back arches as you actively push the **core360 belt original** away from you to create that 360° expansion; typically due to lack of expansion in the area where the rear two points are located (see location marked by arrow in picture below)
5. Not enough expansion occurs and there is just tension or muscle tightening in the abdominal wall creating a narrowing around the waist





## BASIC EXERCISES: CORE360 BELT ORIGINAL

### BASIC FOUNDATION TRAINING #1: BREATHING

The following exercise should be practiced in the following 2 positions:

1. **SITTING:** in a comfortable chair with feet flat on the floor, back straight (neither arched nor flexed) and low back supported against the back of the chair. **\*\*STOMACH RELAXED\*\***
2. **LYING ON YOUR BACK:** Knees bent with feet flat on the floor or feet up on ottoman with hips and knees bent to 90 degrees. Use a pillow or folded towel under your head. When working on core exercises, feet on ottoman will be easier than feet on floor.

#### EXERCISE

##### Sitting

1. Begin with hand flat on your chest and stomach relaxed (when relaxing stomach don't slouch)
2. Gently inhale into all points on your **core360 belt original**, feel for and try to expand your abdominal wall 360° around your waist into the belt.
3. As soon as you inhale, you should feel increased pressure as your stomach expands into the points. There **should NOT** be a delay in the expansion occurring.
  - **Note:** remember, don't try too hard!
  - If you feel tension in your low back or neck, decrease your effort
4. As your stomach expands, your chest should move forward a bit, but it should **NOT** pull up toward your head.
5. Inhale for approximately 3 seconds if you can, then exhale for the same count.
  - **Note:** if 3 seconds feels difficult, it is ok to begin with 2 seconds.
6. As you exhale, let your low stomach move away from the belt and back to the starting position.
7. If your chest lifts or pulls up toward your head; decrease your effort and work on being able to inhale into your **core360 belt original** without your chest lifting up.
8. If your low back is arching off of the back of the chair, think about breathing into your low back at the same time you breathe into the **core360 belt original**.
  - **Note:** don't push or flex your low back into the chair, just gently think about breathing into it.
9. Practice for several minutes, 1-3 times daily
10. **Sitting breathing video** – watch our video demonstration on our core360 belt YouTube channel:  
<https://www.youtube.com/watch?v=QJfiBozoUMs>

##### Lying on your back

1. Place one hand on your chest and work on inhaling all the way around your **core360 belt original** as you did in the above exercise in sitting.
2. Follow the rest of the instructions per above; now you are feeling for your low back moving away from the surface instead of the back of the chair.

#### PROGRESSING AND PRACTICING DURING MOVEMENTS/ACTIVITIES

Once you are able to get this 360° expansion consistently and easily, you can begin using your **core360 belt original** to improve your ability to breathe properly during basic exercises and activities. Your focus is the same 360° expansion with inhalation, but now during more challenging movements. **Exercises such as:** half squat, arm exercises with light dumbbells, lunges, balancing on one leg, V-sit, etc. **Activities such as:** standing, walking, gardening, cooking, meditating. Initial training for hiking, running, tennis, biking and more.

#### Goal

- To be able to consistently create and feel the immediate 360° expansion into your **core360 belt original** each time you inhale.

## BASIC FOUNDATION TRAINING #2: CORE ACTIVATION/IAP TRAINING

Good core or 360° stabilization requires the ability to create proper pressure inside of our abdomen. This pressure is called intra-abdominal pressure (IAP) and is the key to effectively stabilizing our spine giving us a solid base to create strength and power through our arms and legs without putting stress and strain on the tissues of our spine. It is this very quality that makes training our “core” such a powerful tool to prevent injuries. The initial goal of this basic core activation training is learning how to create good IAP. Then in the rest of the exercises, we add in the activation of the abdominal muscles to teach you how to create strong full 360° core stabilization.

Should be practiced in both sitting and lying down as described in Exercise #1

### EXERCISE

#### Sitting

1. If sitting, begin with hands resting comfortably on your lap or to your sides (when relaxing stomach, don't slouch).
2. Gently push all 4 pressure points on your **core360 belt original** away from you in all directions. Feel for the expansion of your entire abdominal wall into all of the points; 360° around your trunk.
  - **Note:** Just as with breathing, you want to feel the points begin to move as soon as you start to push.
  - Your mid or low back should **NOT** move as you push the belt away from you.
  - There should **NOT** be any arching or rounding of any part of your spine/back when you push.
3. **This is an active push; it is NOT just breathing!**
4. The upper stomach should move forward a bit, but we are not looking for it to “pooch” out. Aim for symmetrical expansion all the way around.
5. As with all training, if you feel strain or tension in your neck or low back, decrease your effort and work on getting the expansion without any compensations or strain.
6. Practice for several minutes, 1-2 times daily

#### Lying on your back

#### TIPS:

- If you are having trouble feeling the expansion, sit in front of a mirror and use visual feedback to help you.
  - From the front: As you push the belt away from you, you should see the two front points move forward and away from each other. The logo should move forward a bit, but **NOT** up toward your head.
  - From the side: As you push the belt away from you, you should see the front point move forward and the rear point move backward so that the distance between the points increases as they move away from each other. The rear point needs to push backward **without** your back moving.
- In general, most people need to work a little more at being able to get the abdominal wall where the point towards the back is to expand. Use the visual feedback in the mirror to make sure you can see that point being pushed back and away from you.

1. Place one hand on your lower ribs between your chest and your belly button and one hand on your lower stomach below your **core360 belt original**.
2. Gently push all 4 pressure points on your **core360 belt original** away from you in all directions. Feel for the expansion of your entire abdominal wall into all of the points; 360° around your trunk.
  - **Note:** Just as with breathing, you want to feel the points begin to move as soon as you start to push.
  - When done properly, you will feel the hand on your low stomach rise toward the ceiling and the hand on your ribs lower toward the floor (like a “seesaw”), at the same time you feel the 360° expansion into the **core360 belt**.
  - Your low back should flatten toward the surface. **Note:** don't push your low back down or tuck your pelvis under, just allow it to move toward the floor.
  - If lying down, your chest and the ribs under your hands, should move down toward the floor, **NOT** up toward your head.
3. **This is an active push; it is NOT just breathing!**

4. The upper and lower stomach should move up toward the ceiling, but we are not looking for it to “pooch” out. Aim for symmetrical expansion all the way around.
5. As with all training, if you feel strain or tension in your neck or low back, decrease your effort and work on getting the expansion without any compensations or strain.
6. Practice for several minutes, 1-2 times daily
7. **What IAP looks like video** – watch our video demonstration on our core360 belt YouTube channel:  
<https://www.youtube.com/watch?v=VFoKWzXSoLg>

**TIPS:**

- You can get more feedback for the lower portion of your stomach by placing a 2-3 pound dumbbell on your lower stomach instead of your hand.
  - As you push the belt away from you, you should feel the dumbbell rising toward the ceiling.
- If you feel your low back arch off the surface and/or are having trouble getting and feeling the expansion into the back portion of your abdominal wall and belt try one or both of the following:
  - Place feet up on a chair or ottoman so that lower leg (below knees) is fully supported and your hips and knees are bent to 90°.
  - As you push the belt away from you, focus on initiating the 360° expansion into the back points.
- If you feel your chin poke toward the ceiling and neck lifting up, it is a sign you are not getting the proper core activation. Decrease your effort and focus on feeling for that full 360° expansion

**Goal**

This exercise is training your ability to use your diaphragm as a part of your core muscles. The goal here is for you to feel how when you use your muscles properly to create this expansion, it comes from inside your abdomen and automatically draws your ribs down. It is this muscle action that allows us to create the intra-abdominal pressure (IAP) that is key to effective core stabilization. Once you are able to feel how to do this, we can begin adding resistance and load to then work on tightening the abdominals on top of this pressure (IAP).

**\*\*KEY MILESTONE FOR PROGRESSING TO NEXT STEP\*\***

Being able to create good IAP with this 360° expansion is the foundation of being able to optimally utilize your core. It is important that you are able to get this full expansion (including the portion in the back of your abdominal wall) without moving your spine. Practice using a mirror where you can see the purple stripes on the points moving and expanding out while your back stays straight. Once you are able to perform this basic skill well, you can begin to use your **core360 belt original** with more exercises and movements and you are ready to start challenging your core!



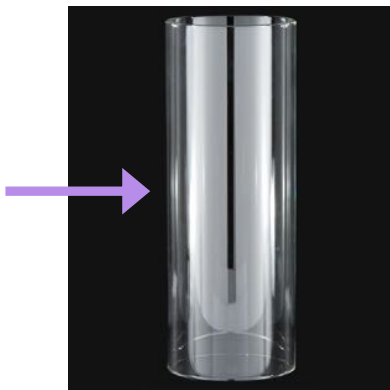
### BASIC FOUNDATION TRAINING #3: FULL CORE ACTIVATION WITH IAP

Now that you have a good feel for being able to create that good 360° expansion and IAP, let work on training your complete 360° core stabilization. For effective core activation and creating strength and power, we need to tighten our abdominal muscles “on top” of the pressure we have created. Think “pressurize first, then tighten” or “expand, then tighten”. In the end we want this timing to happen all together without thinking about them separately. But while learning, it is useful to consciously create the pressure or expansion first, just prior to tightening your abdominal muscles.

#### A bit about how our core works

Our core works as a feedforward mechanism. This means that our brain anticipates movement and tells the muscles of our core to activate just before we make a movement, lift an object or perform a task or sport. This is supposed to happen automatically, but in many of us, it is either delayed or the quality of our core activation is poor. While we are training this key function during exercises and training, we want to be conscious of both the timing and quality of how our core is activating.

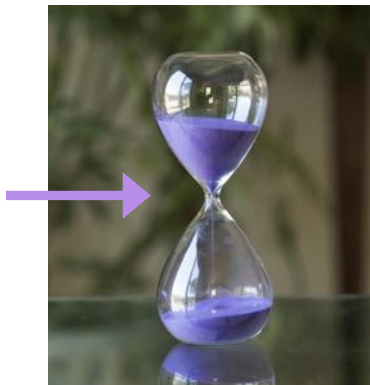
Our core should contract at an intensity that is necessary to create the stabilization we need for the specific demand of the movement or task we are doing; no more or no less. For example, lifting a plate onto a shelf in a cabinet. This is not a heavy load or difficult movement, but we still need to create a stable core for us to efficiently complete the task. Just prior to lifting the plate, in anticipation of the movement, we want to see 360° expansion around the abdominal wall (IAP), then as we begin to lift the plate, we want light tightening of our abdominal muscles. On the other hand, if we look at lifting a 50-pound weight or object, we can imagine how this requires much more core stabilization. As we prepare to lift the weight, we want to see good expansion and IAP, then just before we lift, the abdominal muscles begin to tighten around that IAP and continue to increase in intensity as the we lift the weight higher and the load, or difficulty, increases. These are 2 very different challenges, but both need good quality and timing of all the core muscles. This quality is what we are training using your **core360 belt products**.



#### What does a good core look like?

**A solid cylinder!** When you are able to maintain good expansion and IAP as you contract your core muscles, you create one solid cylinder. This gives your spine support and helps you connect your upper and lower body leading to efficient, strong movement.

Picture to the left: Arrow represents the waist level, if we have good quality core activity, we won't see a narrowing here.



#### What does a “not so good” core look like?

**An hourglass!** When we see this shape, we know there is not good IAP going on. The abdominal muscles tighten without or before IAP is created and our core is “de-pressurized”. This leaves our spine unsupported and our upper and lower bodies disconnected leading to inefficient, weak movement

Picture to left: Arrow represents the waist level. We see a narrowing of the waist when we have poor quality core activity.

## EXERCISE

1. For each movement or action do the following just prior:
  - Gently push all 4 pressure points on your **core360 belt original** away from you in all directions. Feel for the expansion of your entire abdominal wall into all of the points; 360° around your trunk. (as per Exercise #2)
  - Maintain 360° expansion and tighten your stomach muscles as you move/lift. **“expand, then tighten”**
  - Try to tighten your stomach (without losing the expansion) enough so that your pelvis and low back stay still/stable and don’t move.
  - Reset your expansion after each repetition. As you improve perform more repetitions before resetting.
2. A 2-3 pound dumbbell is useful here placed on the low stomach for additional feedback when lying down.
3. For all training and exercises, scan through the list of “cheats” to make sure you are avoiding them!

### Sitting

4. Challenge with arms
  - Keeping elbow straight, raise one arm up toward ceiling, then the other, then both.
  - **Progress -**
    - add light dumbbell and perform shoulder press (with one arm at a time and both)
5. Leaning forward and loading weight through feet
  - slowly lean forward and allow the weight to increase under your feet
    - reach forward and up as you shift weight onto feet, alternating arms.
    - push up to standing, then slowly lower back down to sitting

### Lying on your back

6. Challenge with arms
  - Start with elbows fully bent and hands at shoulder level, press one arm toward the ceiling, then the other, then both.
  - **Examples of how to progress-** after you are able to repeat several repetitions without difficulty, begin to add resistance with dumbbells.
  - **Variations** – can do any arm movement here. For training your core stabilization, the sequence is the same; first 360° expansion, then begin to tighten your abdominals just before initiating the lift or movement. Can also use exercise bands or weighted balls.
7. Challenge with legs
  - Start with knees bent and feet flat on floor (if carpet, have bare feet or use 2 pieces of cardboard under feet. If hardwood floor have socks on.)
    - If you are having difficulty performing well starting with feet flat on floor, change position and place feet and lower leg up on ottoman or chair seat with hips and knees bent to 90°
  - **Slide one foot away from you keeping it on the surface or ottoman, then slide it back.**
    - Begin by sliding it out approximately 6-12”, increase abdominal tightening as you then slide the foot back. Alternate sides. Begin to slide foot out further as the exercise becomes easier.
  - **Examples of how to progress –**
    - once you are able to repeat 3 sets of at least 6 repetitions of the above exercise, you can begin to make the challenge more difficult.
    - Example 1: Lift one foot off of the surface or ottoman and then slowly lower it back, then lift the other
    - Example 2: Lift one foot off surface until hip is bent to 90°, then slowly move the same foot away from you by straightening knee (start with moving it away about 8-12”, then increase as able), bring knee back toward chest, then lower foot to ground. Repeat with other leg and continue alternating sides.
    - Example 3: Lift one foot off of the surface or ottoman so that your hip is bent more than 90° and your knee is almost to the level of your chest. Gently increase the tension in your stomach again

as you lift the second foot off the surface. Maintain tension as you lower one foot back down and then the other.

## PROGRESSING AND PRACTICING DURING MOVEMENTS/ACTIVITIES

Once you can consistently perform this 360° expansion and tightening your abdominal muscles, you can begin to use your **core360 belt original** during more of your exercise and training program following the general guidelines listed above.

**NOTE:** if you are unable to maintain the expansion and/or you feel one of the other compensations, then the movement or exercise is too difficult, and you need to decrease the challenge. For instance, limit how far you move, decrease the amount of resistance or weight, etc. until you are able to build up the strength enough to maintain good quality core activation.

### Goal

To maintain good quality full 360° core stabilization while increasing the challenge and demand on your core by adding movement and resistance. In addition to quality core activation, your back and pelvis should remain still and stable as you add the movement and perform the exercise. Adding challenge helps to train your core to be strong enough to meet the demands of your daily activities, training program and sports and recreational activities.

## BASIC FOUNDATION TRAINING #4: BREATHING AND MAINTAINING IAP AT THE SAME TIME

**In the end, this is what we are doing most of the time. We don't just have moments where we need to breathe and others where we need to stabilize our core. Everything we do requires the ability to do both of these things at once. Since basically the same muscles are responsible for doing both of these things, we MUST train our ability to do them at the same time. This takes time and practice! We are going to get you started here with the most basic training.**

### Exercise

\*For some people it is easier to learn this by starting with breathing and for others it is easier to learn this by starting with creating IAP\*

#### Starting with the breath

1. Begin in sitting as you did for the above exercises.
2. Gently inhale into all points on your **core360 belt original** expanding 360° around your waist into the belt.
3. As you exhale, gently push the belt away from you (don't use full effort)
  - Try to maintain the pressure into the belt as you exhale. This is now a “push the belt away from you” as you exhale
  - Toward the end of your exhalation, your abdominal wall will begin to come away from the belt a little bit, but will not return to the starting or resting position
4. Now inhale again trying to expand 360° into the belt, and maintain the pressure into the belt 360° as you exhale.

#### Starting with IAP

1. Begin in sitting as you did for the above exercises
2. Gently (25-50% effort) push the **core360 belt original** away from you in all directions, expanding 360° around your waist
3. Now inhale 360° around your waist expanding into the belt.
4. As you exhale, gently push the belt away from you (don't use full effort)

Try to build up the endurance of how long you are able to keep doing both of these functions at the same time.

In the beginning it is easy to feel out of breath. At this point relax, start over and decrease your effort.

## How often should I wear my core360 belt original? Is it doing the work for me?

Once you have established the ability to create good quality 360° breathing and core stabilization, the goal becomes maintaining these new patterns and continuing to progress them as you take on more difficult or challenging movements, exercises and sports. When and how often you continue to use your **core360 belt original** is really a matter of preference.

We believe continuing to use your **core360 belt original** with the majority of exercises and training will give you the consistent feedback to reinforce and strengthen these new patterns helping you maintain gains and progress more easily. With core activation, we see improvement not only with your core stabilization, but also in the quality of how the muscles are working in your arms in legs; this means your whole body is getting more benefit from what you are doing. You can also choose to use it for specific exercises only, then utilize the “memory” of the belt to help you carry over your new breathing and core activation patterns into your daily activities, training and sports. Still others will prefer to periodically use their **core360 belt original** and return to the basic foundation exercises to reinforce their new way of breathing and activating their core. Having the consistent cueing from your **core360 belt original** helps you take the benefits of your training **further, faster**. Ask yourself how far do you want to go?

### Is it doing the work for me?

**NO!** This is NOT what we are seeing. Your **core360 belt original** is teaching you how to, and/or helping you, **ACTIVELY** create proper muscle activity, it is not doing it for you. We have consistently seen, and felt on ourselves, that using the **core360 belt original** improves our movement and performance both while we are wearing it, but also, during our activities and training without it on!

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The exercises described above are meant to be a basic guide to get you started. To help you begin to improve how well you breathe and how well you use your core muscles. Movement and performance can be greatly improved even with practicing these basic exercises, but these are just the tip of the iceberg on what you can do with your core360 belt training. Check out our social media and YouTube channel for more content and videos.

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To learn more and to see videos, please follow us:



core360belt & Erin McGuire PT



core360 belt & Erin McGuire PT



core360 belt

KEEP YOUR CORE360 BELT PRODUCT WORKING FOR YOU

**WASHING**

- Prior to washing, slide all pockets off belt and turn them inside out to remove the foam pieces
- It is best to slide the pockets off the end of the belt that has the soft part of the Velcro to avoid snags
- Hand wash with mild soap: do NOT squeeze or scrunch belt or pockets washing
- Lay pieces flat to dry completely before placing foam back into pockets and reassembling belt
- If you choose to wash it in a machine, please follow instructions above and use gentle cycle.

**GENERAL CARE**

- After each use it is recommended to air out and/or allow belt to dry by laying it flat with protrusions facing up
- To store belt once it is dry, fasten the belt and fold it neatly in order to keep the elastic flat. Avoid twisting or crumpling belt into a ball and throwing it in a gym bag or drawer, etc.

**THANK YOU FOR YOUR PURCHASE!**

**We are happy to be a part of your wellness and fitness journey!**

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