

Making the most of your ab workout

To get the most out of your abdominal workouts, there are very specific ways to achieve it. You might feel that you are incorporating abs successfully into your workout, however most often then not, you're not working its full potential.

How do you know?

If you are isolating correctly through your abdominal muscles, you will feel them activating almost immediately. If your tummy is fatiguing within 100 crunches, it is likely you are using poor technique – not abs of steel!

How can you improve?

1. The slower the better

Rocking back and forth swinging your arms, legs or neck for momentum is going to entertain everyone else but it isn't going to benefit you. Focus on feeling your muscles work and make your goal to fatigue them, not to get as many reps as possible.

2. Neutral spine is key

All of your exercises should start with about the gap of blueberry under your lower spine. This should move minimally during all exercises. For example, during sit ups, if you are squishing the blueberry and are completely flat through your lower back, you are using gravity to stabilise instead of the lower level core muscles. Unfortunately, this wastes half of your workout potential.



3. Do no harm

If you have recently started a gym program, well done! However, know your limits! Do not expect to join a group class and be able to jump straight in with everyone else. Core control is required for most activities including weight lifting, lowering legs while they are in the air or in explosive movements like burpees.

If you are feeling pain in your back during activities, it is not best to “push through the burn”. Stop and seriously evaluate your technique or reduce the difficulty of the exercise before causing any issues.

If you need help turning your stomach into abs of steel, book into a Pilates class with Cassandra Skilton at [Langwarrin Sports Medicine Centre](#) on 9789 1233 or [book online](#)

Frankston Lady Blues Sponsor Dinner

Last Monday night, the 29th of June, saw the Frankston Lady Blues Senior Women's Basketball Team hold a "Thankyou Sponsors" dinner at Sophia's restaurant.

Long time Blues Sports Physiotherapist Lachlan Goodison attended the function and enjoyed the social aspect of mingling with the team, coaching staff and fellow sponsors. Over the years, Lachlan has made a lot of great friendships through his connection with the Blues and has enjoyed watching junior players grow and develop into senior players.

Peninsula Sports Medicine Group is the Blues longest standing sponsor with an amazing involvement of over 24 years.

MPNFL LEAD TO VICTORY

On April 11th, our head Sports Physiotherapist and Director Lachlan Goodison saw a fantastic victory down in Albury. As a travelling physio for the MPNFL (Mornington Peninsula Nepean League), he was able to watch them beat the Albury-Wodonga representative team spear headed by Brendan Fevola.

The MPNFL team have now earned the right to play against the Geelong league next year for the right to be crowned Victorian Country's best football league.

This was the 21st year that Lachlan has been the Physiotherapist for the representative team and still loves

the level of football played, the professionalism and comradery of the players and the bus trip home!

