

**DIEGO CORE**



**WHY A**

# **SIX PACK IS NO DEFENCE AGAINST LOWER BACK PAIN**

**BY DIEGO CORE**

**I HAVE BEEN PRESCRIBING CORRECTIVE EXERCISE FOR A WIDE RANGE OF MUSCULOSKELETAL DYSFUNCTIONS FOR MORE THAN 10 YEARS. IN THAT TIME, I HAVE NOTICED THAT MOST OF MY GENERAL CLIENTS AND EVEN A FEW PROFESSIONAL ATHLETES HAVE FAULTY LOWER ABDOMINAL FUNCTION ASSOCIATED WITH POOR PELVIC STABILITY. IF NOT ADDRESSED, THIS COULD LEAD TO A DIVERSERANGE OF INJURIES AND/OR DIMINISHING PERFORMANCE. THE MOST COMMONPROBLEMS ARE LOWER BACK PAIN, SACRO-ILIAC JOINT PAIN AND HAMSTRING PULLS AND TEARS.**

**I**t's important to understand that although the lower abdominal muscles are part of the rectus abdominals (six pack), they are innervated by a different set of nerves (ilioinguinal and iliohypogastric

nerves). This enables the lower abs to function either separately or inconjunction with the other abdominal muscle groups. The problem is, this also means traditional ab exercises may create faulty activation of the lower abs along with compensatory patterns in the upper abs and hip flexors.

An easy test can be done to detect the lower abs' ability to function optimally.

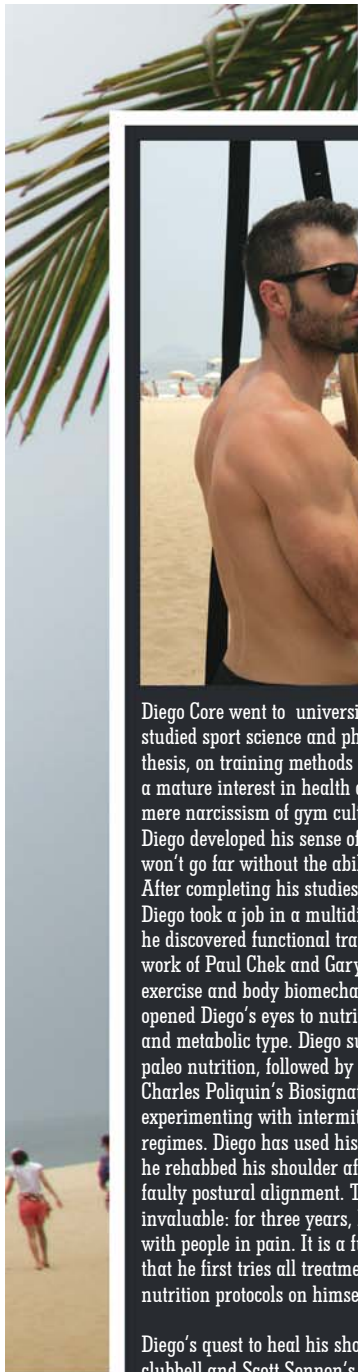
The LA (lower abdominal) coordination test is done on the ground, but bear in mind that to have outstanding lower abs stability you must

integrate them into movement patterns on the feet.

**THE TEST:** Lie down on ground with hips and knees at 90 degrees. Place both hands underneath your lower back, tilt your pelvis posteriorly, creating pressure on top of your hands, then draw your belly button towards your spine.

The test requires that you lower your legs to ground until the moment your feet touch the ground, keeping the back pressing in to the hands (you must maintain the 90 degree angle





Diego Core went to university in Brazil where he studied sport science and physical education. Diego's thesis, on training methods for the over 60s, showed a mature interest in health and longevity beyond the mere narcissism of gym culture. It was here that Diego developed his sense of academic rigour. "You won't go far without the ability to think critically". After completing his studies, he moved to London. Diego took a job in a multidisciplinary clinic where he discovered functional training, in particular the work of Paul Chek and Gary Gray in corrective exercise and body biomechanics. Chek institute also opened Diego's eyes to nutrition based on whole foods and metabolic type. Diego subsequently explored paleo nutrition, followed by an in-depth study of Charles Poliquin's Biosignature system. He is now experimenting with intermittent fasting and detox regimes. Diego has used his expertise to heal himself, he rehabbed his shoulder after surgery and his faulty postural alignment. This experience proved invaluable: for three years, Diego worked exclusively with people in pain. It is a fundamental principle that he first tries all treatments, exercise and nutrition protocols on himself.

Diego's quest to heal his shoulder led him to the Clubbell and Scott Sonnon's revolutionary Circular Strength Training system/ Tacfit.

Diego's work covers the full spectrum of physical training and health. He enjoys nothing more than taking someone with a serious dysfunction and returning them to optimum performance, transforming their body in the process. As Diego says, "I always tell someone that they may have a bad back when they start, but soon they will be able to climb Mount Everest."

His knowledge, enthusiasm and the serious study of health as the basis for a celebratory attitude to the embodied life – have come to fruition at his corrective exercise, strength and conditioning, nutrition and lifestyle centre in Marylebone called The Field - Training Lifestyle Centre. Diego has built a large clientele at The Field, from bankers, politicians and royalty to artists and models. His clients in turn are inspiring others with more than just physical transformation, but a complete philosophy of living.

**DIEGO CORE**  
 Chek Practitioner 2 (pending)  
 CST Coach  
 Tacfit instructor  
 Biosignature Practitioner  
 Paleo Lifestyle coach



at the hips and knees).

**RESULTS:**

**GOOD LA FUNCTION:** Lower back remains pressing strong in to the hand during the entire movement and belly button stays in at all times.

**POOR LA FUNCTION:** Lower back cannot keep strong contact with hands during the entire movement and belly button pops out.

You may find out that even though a beautiful six pack abs have aesthetic value in our modern society but it doesn't mean they are either stable or strong when exposed to specific exercises.

Stay tuned, as in the next edition I will describe some specific strength exercises to bring your lower abs to optimal performance.

**DIEGO CORE**  
 CORRECTIVE EXERCISE SPECIALIST AND  
 STRENGTH AND CONDITIONING COACH  
 FOUNDER, THE FIELD - TRAINING  
 LIFESTYLE CENTRE  
 WWW.DIEGOCORE.COM  
 INFO@DIEGOCORE.COM