

A woman with blonde hair in a bun, wearing a pink and black sports bra, black leggings, and colorful sneakers, is performing a backbend against a stone wall. She is wearing black fingerless gloves. The text "Build a Better Backside" is overlaid in white. Below it, the text "Presented by Helen Vanderburg" is also in white.

Build a Better Backside

Presented by
Helen Vanderburg

About your speaker...

Helen Vanderburg
Balanced Body® Fitness
Education Manager

2018 CanFitPro Lifetime Achievement

2018 IDEA Top Industry Contributor

CanFitPro Presenter of the Year

IDEA Instructor of the Year

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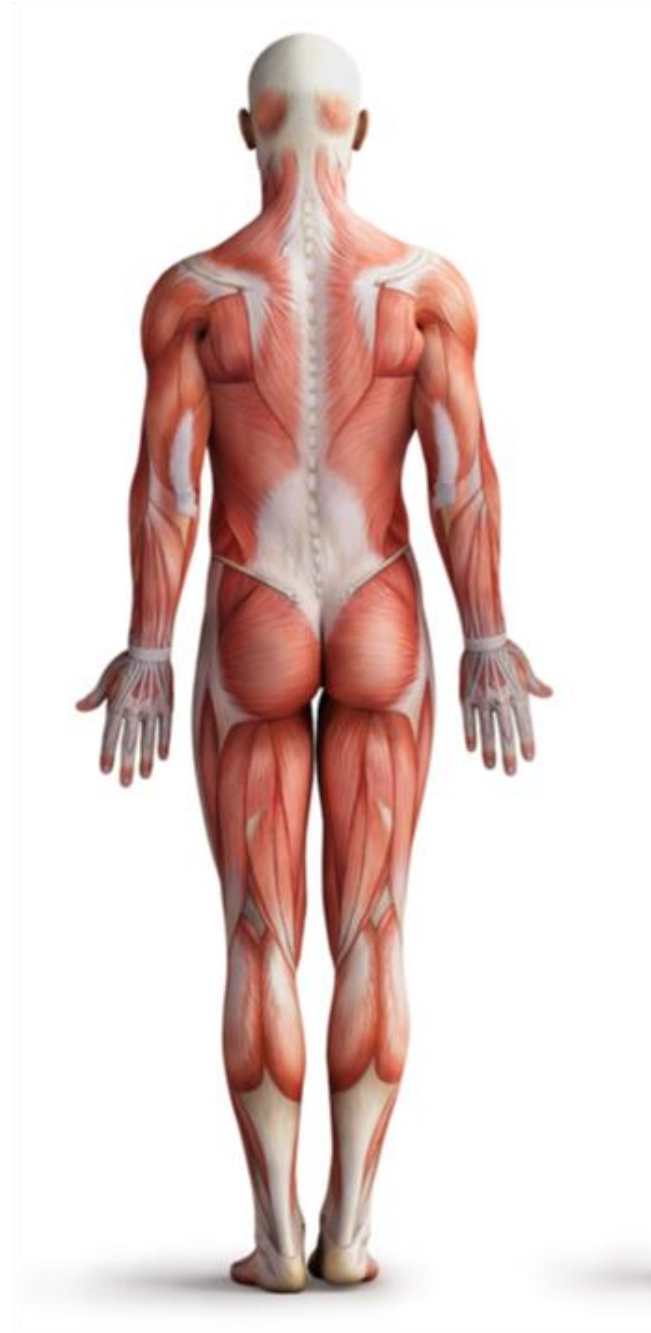


Introduction

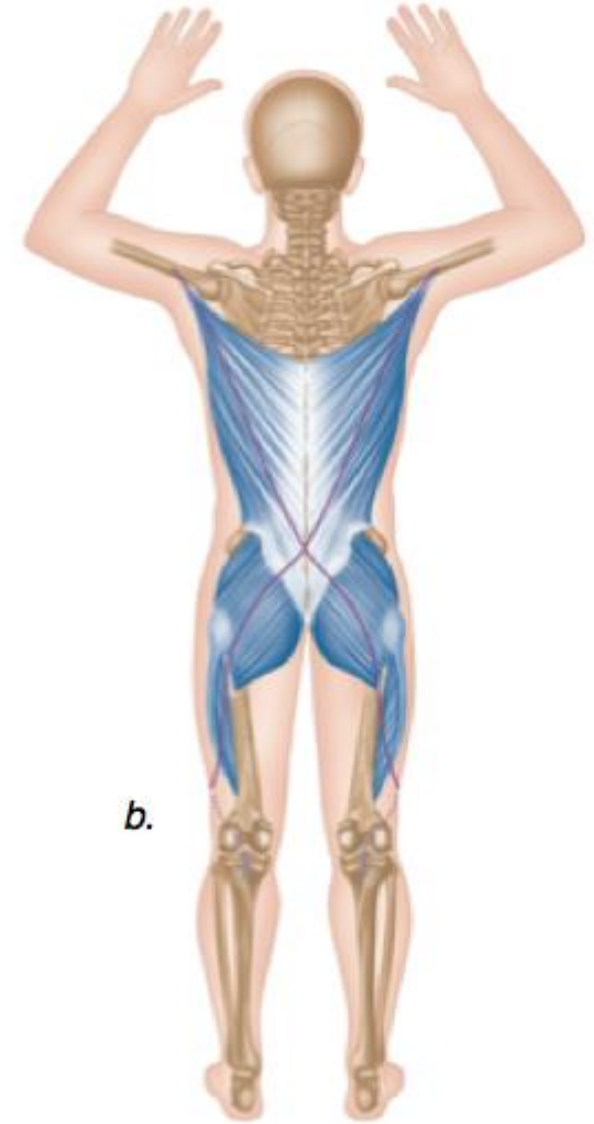
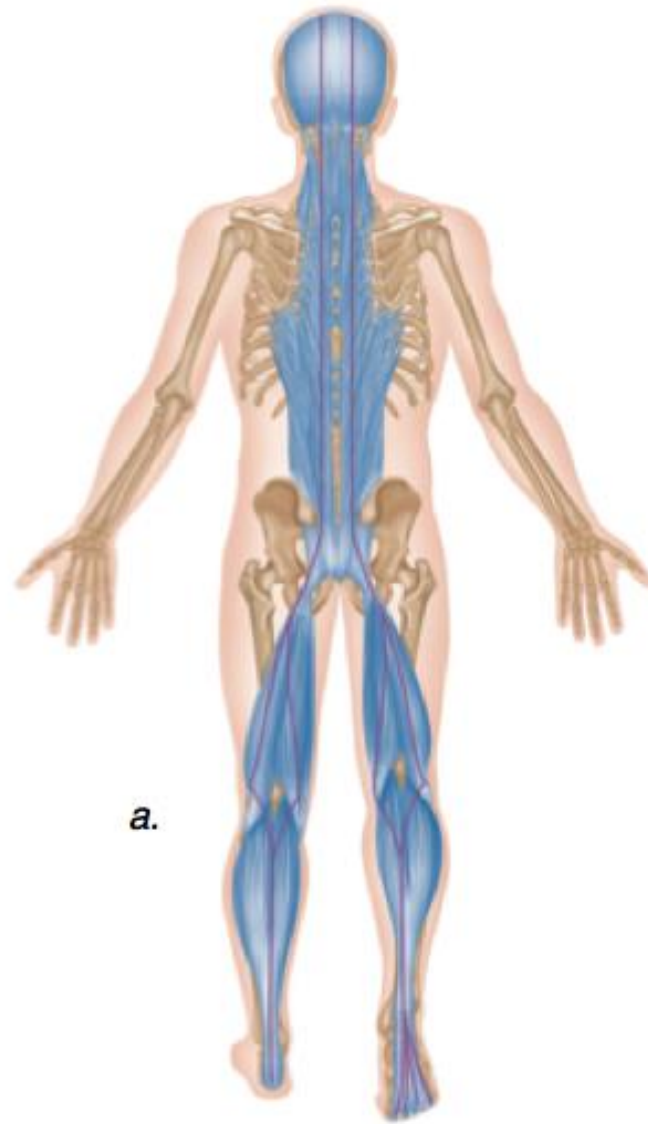
- Being quad-dominant, bipedal animals, we perpetually move forward in life. But be it walking, cycling, running or sitting in front of a computer, modern life has increasingly disconnected us from our backside—which is so much more than our behind.
- Connect with your posterior side of the body and train this entire kinetic chain to encourage better and more functional connections for improved posture, movement patterns and performance.



The Posterior Kinetic Chain

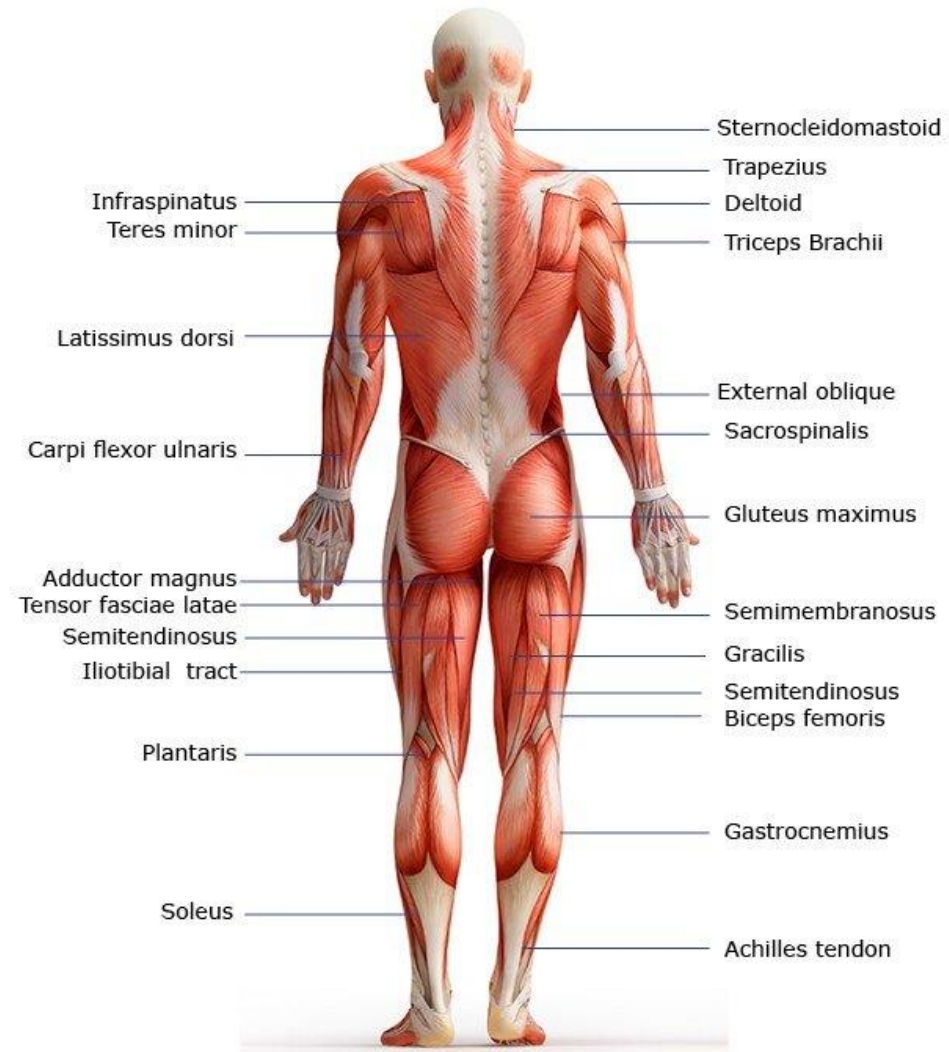


Myo-Fascial Posterior Line

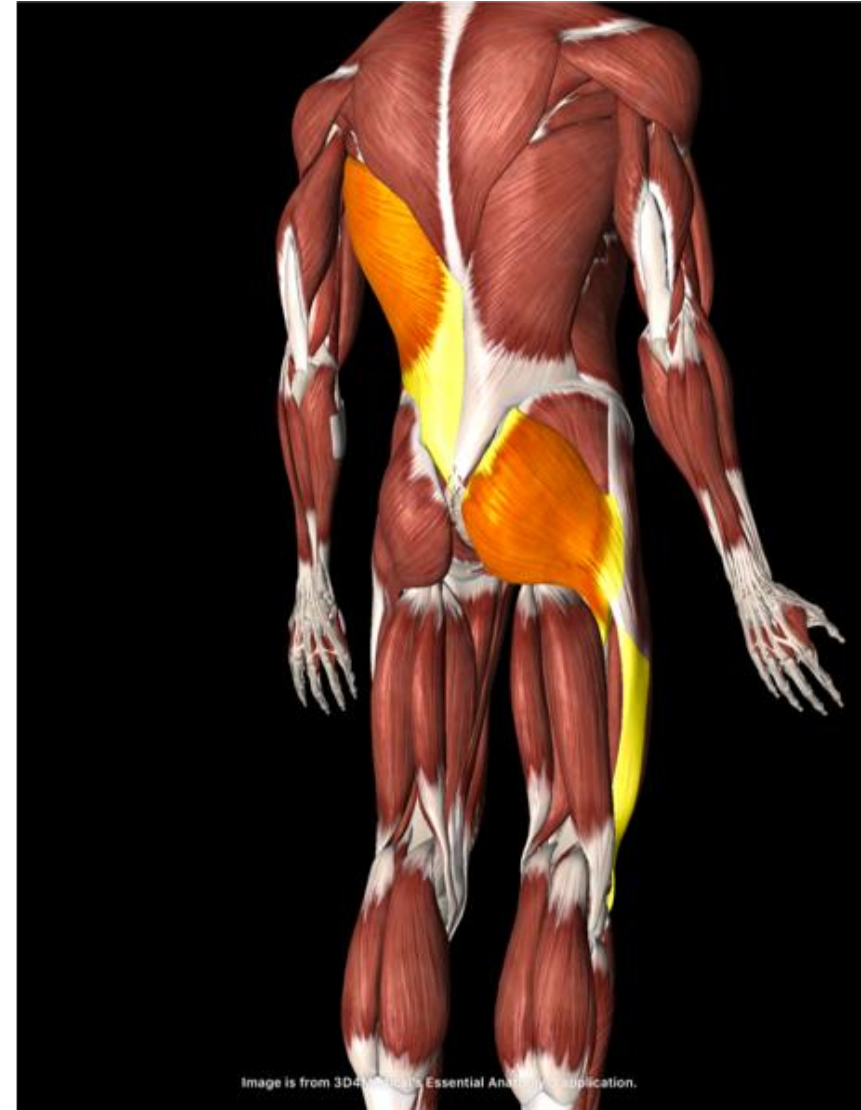


Beyond the Gluts!

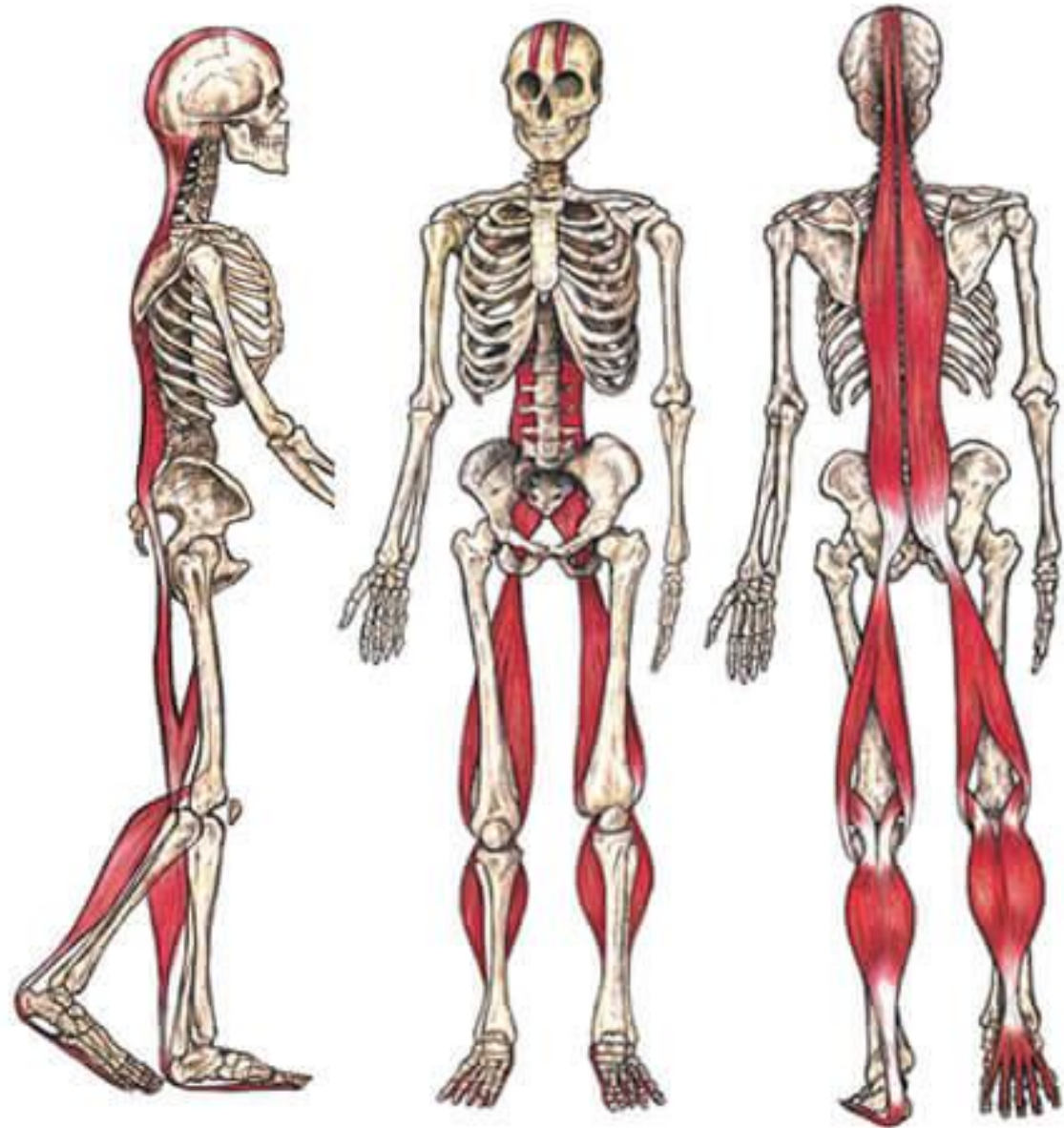
Major Posterior Muscles



Posterior Oblique Sling

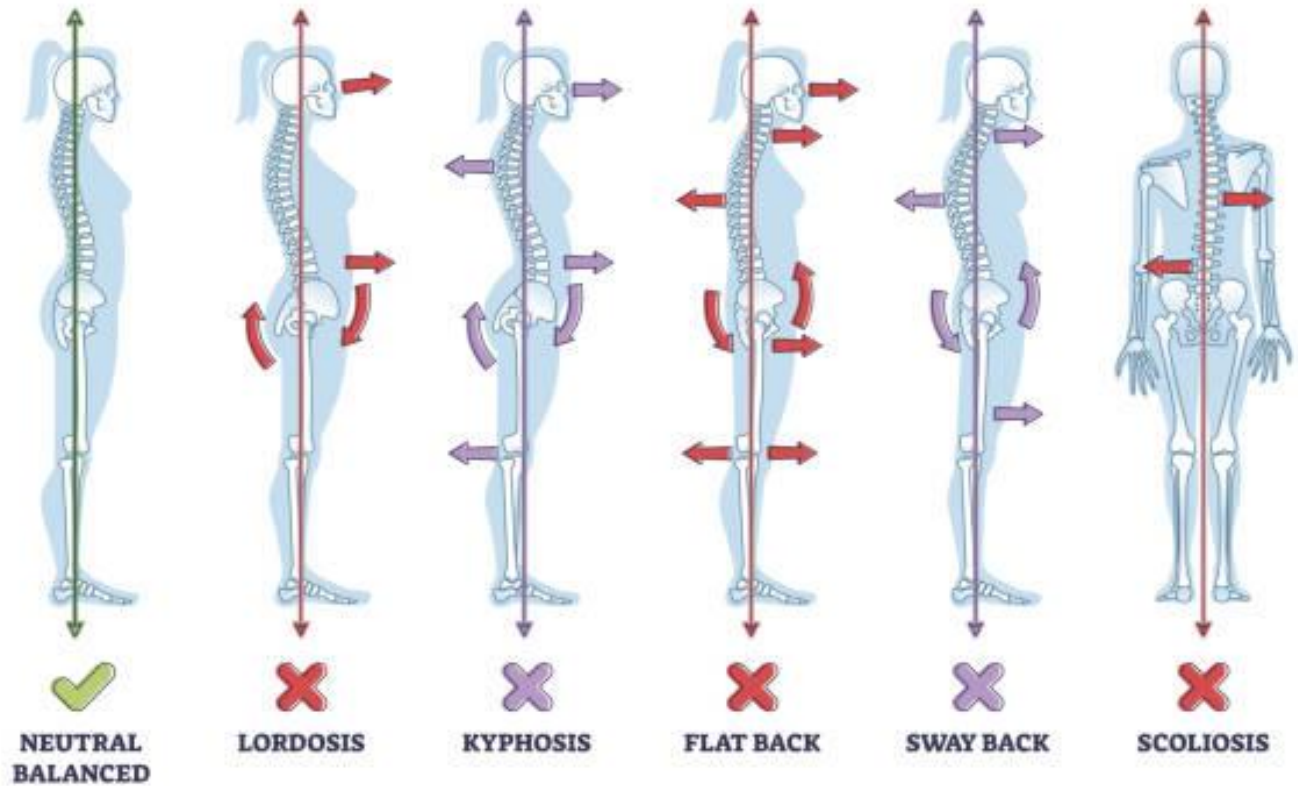


A 3-D Approach



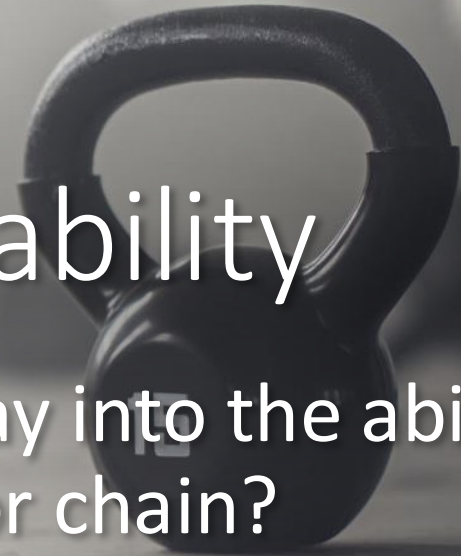
Alignment and Inhibition

TYPES OF STANDING POSTURE



Mobility and Stability

How does mobility and stability play into the ability to strengthen the posterior chain?



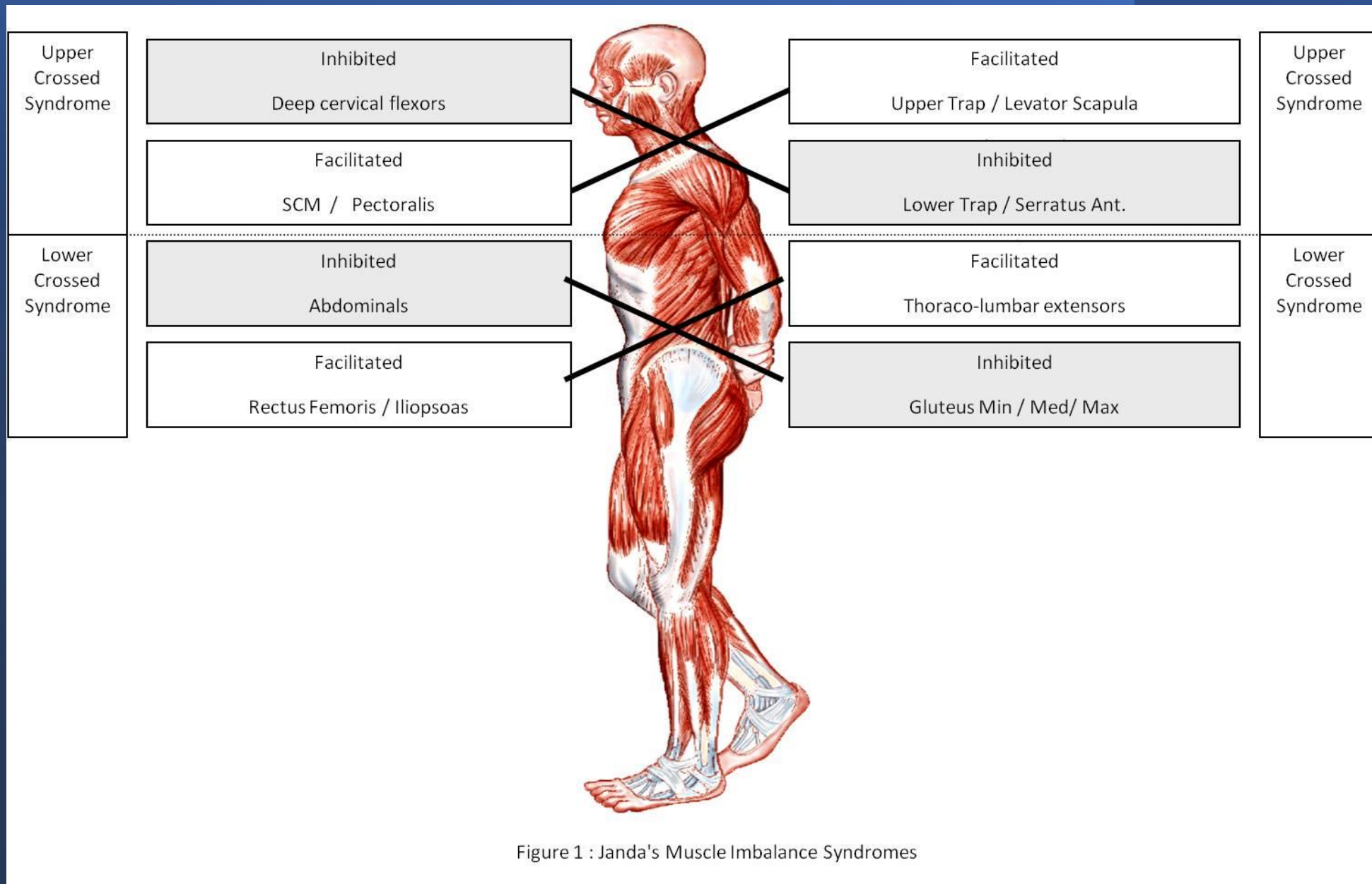


Figure 1 : Janda's Muscle Imbalance Syndromes

Key Exercises for Mobility

- 3D Hip Mobility Complex
- 3D Shoulder Mobility Complex

Neck Exercises

Head and Neck

Exercise	Equipment	Execution
Spine head nods/ head lift	Body weight	Chin tuck and lift
Prone head nods	Body weight	Head nod, cervical lengthening and lift
Side lying head lifts	Body weight	Lateral flexion

Prone

- Movements can be done without equipment or add the band or tubing to take the exercises to the next level when activating the core and linking it to the upper and lower body.

Exercise	Equipment	Execution
Prone Extension: Swimmer Breaststroke Eagle Add Load in various positions	No equipment Light DB	Coordination of the posterior sling. Strengthening of the upper shoulder girdle and spinal extensors
Hip Extension	No equipment / Band	Strengthens hip extensors, including hamstrings and gluteus maximus
Quadruped Variations Flat back Round back	No equipment / Band	Hip extensors, mobilization of hip joint in flexion and extension
Plank Variations Up Dog	No equipment/ Band	Strengthens and stabilization of the entire posterior chain

Side Lying

- Side body strength and mobility for balance through the pelvis, hips, knees and feet!

Exercise	Equipment	Execution
Clamshell	Loop band	Abductor strength, hip mobility and linking lateral system to upper and lower body
Side Lift Variations	Loop band, mini ball	Incorporate inner thigh strength while mobilizing and challenging lateral flexors
Side Hip Variation Series (high)	Loop band, mini ball	High side kneeling unilateral strength and posterior hip

Supine:

Mobilize the trunk and lower body focusing on the supine position

Exercise	Equipment	Execution
Bridging Variations	Loop Band, mini ball	Spine mobility, posterior hip, shoulder mobility
Bridge with a Twist	Loop Band, mini ball	Spine mobility, posterior hip, coordination
Reverse Plank Variations Table top One leg extended Both legs extended	Loop Band, mini ball	Glute, hamstring, stability core linking to upper body

Upper Body/ Back Exercises

- Linking combination of movements together for the lower body, with the addition of upper body for whole body integration.

EXERCISE	EQUIPMENT	EXECUTION
Row - Bilateral - Unilateral - Rotational	DB	Train posterior chain from shoulder to hip. Posterior oblique sling.
Fly - Bilateral - Unilateral	DB	Upper back and shoulder posterior muscles
Hinge with straight arm raise	Dowel Weighted bar	Shoulder and back extensors connecting the upper body and to the lower body
Posterior arm adduction Posterior arm extension Triceps kickback Ski Poling Pushup variations - Wide pushup - Single leg	DB	Trains rotator cuff, upper back and low back stabilization

Standing/ Whole Body Integration

- Linking combination of movements together for the lower body, with the addition of upper body for whole body integration.

EXERCISE	EQUIPMENT	EXECUTION
Squat Variations - Front load - Overhead - Curtsey	Variable	Train balanced strength and power of the hamstrings, glutes and quads + calve raises
Hinge Variations: - deadlift - Staggered RDL - - loop band RDL - - single leg RDL	Variable	Single leg pike incorporating glute activation, balance and control; add addition of UB movements
Lunge Variations	Variable	Lunge side, cross-back, leg lift and UB reach; different angles work the hip in all ranges; full body integration
Sumo Squat - Turned out stance	Variable	Adding greater range of motion with hips in lateral rotation and knees over toes; add calf activation
KB Swings	KB	Train the entire posterior chain
jump Variations:	Body weight	Train explosive power through the posterior and lateral chain

Thank you for attending!

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