

Proximal Stability / Distal Mobility
Chris Grotefend

Here are a couple of good things to know, if you are interested in being strong and stable. (physically attractive and pain free, for that matter)

The 2 major “sub-systems” of the human skeleton,
Axial Appendicular



The Axial skeleton comprises the articulations in the rib cage and spinal column.
The Appendicular Skeleton comprises the articulations of the appendages (arms and legs).

The difference between core and superficial muscles is easy to explain by considering the two skeletons. The core (deep) muscles support the joints of Axial Skeleton (the vertebrae). The superficial muscles support the joints of the Appendicular Skeleton.

The core is a muscular corset that surrounds the spine and is designed to stabilize. Superficial muscles are made for locomotion. The two ways we go about strength training then, include conventional lifting and mat work. The challenge is in creating and learning how to hold the core muscles to stabilize THEN call on the superficial muscles do the lifting. So for safety, proper alignment, technique and posture we stabilize then exercise!

Mat work for Proximal Stability = 4 Points

There are 4 primary stabilization points of the Axial Skeleton (for proper postural alignment)

Shoulder Set (Lower Trapezius – shoulder blades in back pockets)

Transverse Abdominal (rib cage)

Neutral Spine (natural lumbar curvature – belly button to spine)

Pelvic Floor (pelvic bowl muscles lift)

3 Planes.

Frontal Plane – bending forward at the hips

Lateral Plane – tic-toc

Transverse Plane – rotation

Conventional Lifting for distal mobility (Appendicular Skeleton)

Muscles surrounding the joints of the appendages each have an opposite, for every push there is an opposite pull. Pushing muscles and pulling muscles need to be in 1:1 ratio. Conventional Lifting is for the purpose of creating balanced musculature on both sides of each joint as well as bi-lateral balance (each arm/leg is equal in strength). Distal Mobility means strength and flexibility in all of the muscles surrounding the joints...so everyone should learn all of the primary movers (agonists) and their opposites (antagonists)