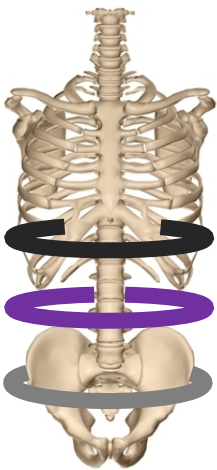


## core360 belt

### GENERAL BREATHING 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, intercostals 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 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 creating 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.

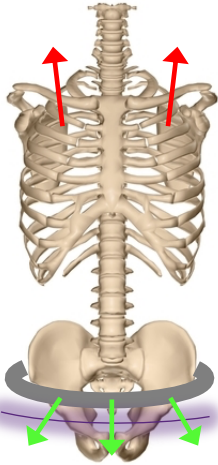
**The IAP+ belt addresses breathing and core activation at the level of the lower abdomen.** It was created to target the lower abdominal area and help improve your breathing and core activation into this area as part of the entire 360° breathing and 360° core activation we need. This area is the portion of your stomach that sits between your pelvic bones and is just above your hips. Use it alone to first train the basics. Then progress your training by using the **IAP+ belt** with the **core360 belt original** in order to train the ability to activate all of the breathing and core muscles in a coordinated way that creates good 360° expansion around the waist AND forward expansion in this lower abdominal area. The IAP+ version is used to train both beginning and advanced 360° breathing and 360° core activation.

## core360 belt – IAP+

### Lower Abdomen Level:

#### Location:

- On the lower part of your stomach/abdomen at the level of your pelvis between your belly button and your pubic bone (represented by gray circle on illustration at left)



Gray circle = Lower abdomen level  
Green arrows = correct direction of movement  
Red arrows = incorrect direction of movement

#### What should happen:

- With good inhalation and/or core activation, all portions of this lower abdomen area will expand forward (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 forward
- The center portion should expand forward, while the portions toward the side expand forward and out at a slight angle (see green arrows in illustration)
- With a good breathing and stabilization pattern, we need to see expansion in the entire area of the lower abdomen from one side of your pelvis to the other

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

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

### QUICK USE GUIDE: IAP+ BELT ONLY

**Respiration training:** in sitting or lying with the **IAP+ belt** placed around your pelvis and pressure points located on your lower abdomen, inhale into the two points. As soon as you inhale, try to feel the pressure increase at the pressure points as the low abdomen expands forward. 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.

**Core activation/IAP training:** in sitting or lying with the **IAP+ belt** placed around your pelvis and pressure points located on your lower abdomen, push the two points forward and away from you. Then as you perform a movement, exercise, lift a weight or object, etc. maintain the expansion and tighten your stomach under the points. This is done with an active push, not your breath.

- Note: It is important to coordinate the expansion at this lower abdomen level with the 360° expansion of the abdominal wall at the waist level. See detailed use and instructions for training full 360° core activation below

HOW TO PUT ON YOUR IAP+ BELT



1. Place belt around your hips (see gray circle in illustration)



3. Then grab top strap (with logo) and pull it around and



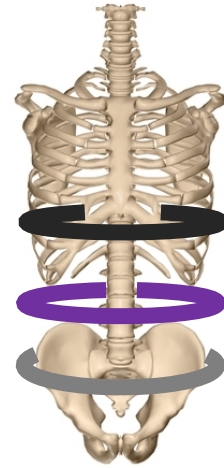
5. Adjust points to desired location. Begin exercise/movement






2. Fasten belt at side of hips: attach main, under strap first



4. View from side. Hands in pic at waist level.



-  Breathe+
-  Core360 original
-  IAP+

**Location of points**

In general, the 2 points will be placed just inside of your 2 hip bones.

If you tend to pull in your low stomach, placing them 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.

The right level of tension to get the best outcome will vary with each individual and the specific exercise or movement being performed.

**\*\*\*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.

## IAP+ BELT: GENERAL GUIDELINES FOR USE

While the **core360 belt original** is our all-purpose training and performance belt that can be used during almost any movement, exercise or fitness activity, we believe the **core360 belt IAP+ belt** has more specific uses for both basic and more advanced training of our 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 **IAP+ belt**.

### BASIC BEGINNING BREATHING AND CORE STABILIZATION TRAINING

1. With **IAP+ belt only**
2. Focus is on learning to create forward expansion in lower abdomen
3. Sitting and lying down
4. Can challenge with active movement of arms and legs

### INTERMEDIATE BREATHING AND CORE STABILIZATION TRAINING

1. With **core360 original and IAP+ belt**
2. Focus is on learning to coordinate 360° expansion around waist AND forward expansion in lower abdomen at the same time
3. Sitting and lying down
4. Can challenge with active movement of arms and legs with or without light resistance (dumbbells, exercise bands, etc)

### ADVANCED AND FOUNDATIONAL BREATHING AND CORE STABILIZATION TRAINING

1. With **core360 original and IAP+ belt**
2. Focus is on maintaining ideal breathing and/or complete core activation with increased challenge either with increased resistance or load, or by making the position more challenging
3. Primarily done while lying down with increased resistance, load and/or more challenging position
4. Periodically returning to these and/or your intermediate training exercises will keep you on top of your game and help you optimize your breathing and core activation.

### SPECIAL CIRCUMSTANCES USING IAP+ ONLY BEYOND BASIC TRAINING

1. There are some specific exercises and sports that lend themselves to using the **IAP+ belt** on its own, including:
  - Squat exercises: with or without resistance/load
  - Cycling
2. If you are a healthcare or movement professional, or you are working with one, you may find many other individual situations for effective use of the **IAP+ belt** on its own.
3. **\*\*Pre-requisites/conditions necessary to use only the IAP+ belt beyond basic training:\*\***
  - Before taking on more advanced exercises or movements using **only** your **IAP+ belt** it is important you are able to get good expansion around your waist toward your back (See pic to right with original core360 belt). This is a key zone that is part of the primary waist level and expansion here must be present **WITH** the forward expansion in the secondary lower abdomen level.



## IAP+ BELT: BASIC BREATHING TRAINING AND EXERCISES

### Quick tips for training and exercises

- **DON'T** try too hard! Use low level focused effort so you can start to feel how to inhale and/or expand your lower abdominals into the **IAP+ belt**.
- Try to get the lower expansion without excessively “pooching” your upper stomach out. Your upper stomach will also move forward a bit, but it should not look like you are “sticking your stomach out”
- It is a common mistake to arch the low back when trying to get expansion at this lower abdominal area level. If lying down, make sure your low back does not come off the surface. If sitting, make sure your low back does not pull away from the back of the chair.
- As we mention above, when breathing and/or contracting your core correctly, we will get forward expansion in this lower abdominal area at the same time you get the 360° expansion all the way around your waist. This isn't easy and for many of us we need to first focus on learning to expand at each level separately, then work on putting it all together.
- 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.

### BASIC EXERCISES: IAP+ BELT ONLY

#### BASIC EXERCISE #1 : IAP+ BELT ONLY: BREATHING TRAINING

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.
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

1. Begin with hand flat on your chest and stomach relaxed (when relaxing stomach in sitting, don't slouch)
2. Gently inhale into the points on your **IAP+ belt**, feel for the expansion of your lower abdominal wall **forward** into the points
3. As soon as you inhale, you should feel your stomach expanding 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/moves forward, your chest should move forward a bit, but it should **NOT** pull up toward your head.
5. Your low back should also expand a little toward the floor or back of the chair as you inhale, but should **NOT** arch off the surface
6. 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.
7. As you exhale, let your low stomach move away from the belt and back to the starting position.
8. If your chest lifts or pulls up toward your head; decrease your effort and work on being able to inhale into your **IAP+ belt** without your chest lifting up.
9. If your low back is arching or lifting off of the surface, think about breathing into your low back at the same time you breathe into the **IAP+ belt**.
  - **Note:** don't push or flex your low back into the surface or chair, just gently think about breathing into it.
10. Practice for several minutes, 1-3 times daily



## Goal

- To be able to create and feel the immediate forward expansion into your **IAP+ belt** repeatedly each time you inhale.

### BASIC EXERCISE #2 : IAP+ BELT ONLY: CORE ACTIVATION/IAP TRAINING

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

#### Exercise

- If sitting, begin with hands resting comfortably on your lap or to your sides (when relaxing stomach, don't slouch). If lying down, rest your hands on your lower ribs, just below your chest.
- Expand your lower abdomen by gently pushing the pressure points on your **IAP+ belt** forward. Feel for the expansion of your lower abdominal wall into the points
  - Note:** Just as with breathing, you want to feel the points begin to move as soon as you start to push.
  - If lying down, your chest and the ribs under your hands, should move down toward the floor, **NOT** up toward your head.
  - At the same time, your low back should flatten toward the floor becoming flush with it. Your low back should **NOT** arch off the surface or tighten.
- This is an active push; it is NOT just breathing!**
- As you push the pressure points away from you and create that expansion and good IAP, we want the upper stomach to move forward a bit, but we are not looking for it to "pooch" out.
- 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.
- Practice for several minutes, 1-3 times daily

## 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).

### BASIC EXERCISE #2a : IAP+ BELT ONLY: CORE ACTIVATION/IAP TRAINING

Once you learn how to create this expansion it is necessary to begin challenging your new core activation with movements and resistance. This is about maintaining good quality. Compensations that we don't want to see as you add resistance or increase the challenge are:

- Lower abdomen pulling away from the IAP+ belt; sucking in
- Upper abdomen sucking in
- Low back arching or tightening
- Ribs and chest lifting up

#### Sitting progression: a few examples

Push the points away from you then maintain the pressure/expansion into the points and gently tighten your stomach as you:

- Slowly lean forward and allow the weight to increase under your feet.
- Raise one arm and lower it, then the other and lower it and then both together
- Lean forward and reach forward and up with one and/or both arms
- Lean forward and then push through your feet and stand and slowly return to sitting

### Lying down progression: a few examples

Push the points away from you then maintain the pressure/expansion into the points and gently tighten your stomach as you: (Begin to tighten stomach just prior to adding the movement)

1. Slide one foot on the surface or ottoman, then slide it back.
  - Maintain expansion and tension as you both slide the foot out and as you bring it back
2. Perform one arm and/or both arm chest press with light dumbbells.
3. Lift one foot off of the surface or ottoman and then slowly lower it back, then lift the other
  - Try to tighten your stomach (without losing the expansion) enough so that your pelvis and low back stay still/stable and don't move.
4. 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.
  - Do not let your low back arch off surface as you lift the second leg.
  - If you are unable to keep your low back flat and your ribs down as you lift your second leg, or if you feel a loss of expansion or the stomach sucking in as you do, hold the knee on the first leg you lifted as you lift the second leg.
5. Levels of difficulty to consider
  - Lifting one arm or one leg is easier than lifting both arms or legs at the same time
  - Lifting arms is easier than lifting legs
  - Lift a leg off of ottoman is easier than lifting the foot off of the ground

**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, don't lean as far forward, only reach with one arm, not two, etc. until you are able to build up the strength enough to maintain good quality core activation.

### Goal

To maintain the expansion into the **IAP+ belt** at the lower abdomen while gently and gradually increasing the challenge to your core stabilizing system. This begins to "strengthen" your ability to use your core muscles properly.

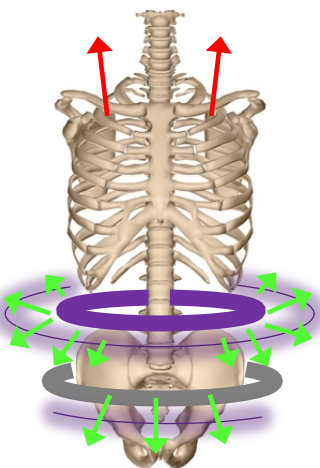
### TRAINING TIP

**When we are learning a new way to move, i.e. how we breathe or activate our core, it is important to not only train this new movement or coordination while in a simple, non-challenging position, but to also train it during progressively more challenging positions and/or movements. Otherwise it will be easier to revert to your old way of doing things when you are doing something more difficult.**

## BASIC EXERCISES: ORIGINAL CORE360 BELT AND IAP+ BELT

Prior to using both your **original core360 belt** and your **IAP+ belt** together to train your ability to expand around both the primary waist level and forward into the secondary lower abdomen level at the same time, most people need to work on being able to breath and expand their core 360° around their waist first using only their original core360 belt. Once you are able to consistently get that 360° expansion around your waist, you can begin the following exercises using both core360 belts.

### BASIC EXERCISE #1 : ORIGINAL AND IAP+ BELT: BREATHING TRAINING



1. Sitting in a comfortable chair with back straight and supported and feet flat on floor.
2. First relax your stomach without slouching
3. Inhale into all aspects of both the **original core360 belt** (purple circle left) and the points of the **IAP+ belt** (gray circle left). Feel for the expansion of your abdomen all the way around your waist and into the low abdomen (see green arrows to the left)
4. 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.
5. As you exhale, let your abdomen relax and move away from the belt and back to the starting position.
6. Practice for 3-5 minutes. 1-2 times daily.

#### Goal

Putting the two movements together; inhaling and getting 360° expansion around your abdomen/waist into the **core360 belt original** and forward into the **IAP+ belt** at your low abdomen at the same time. This helps you learn how to coordinate the muscles of breathing to get full diaphragm breathing.

### BASIC EXERCISE #1 : USING ORIGINAL AND IAP+ BELT: CORE ACTIVATION/IAP TRAINING

Just as with core activation/IAP training with the **IAP+ belt** alone, you can practice and train in the same way with both your **core360 belt original** and **IAP+ belt** on. Now the focus will be on creating good intra-abdominal pressure/IAP by getting that expansion all the way around your waist **AND** forward into your low abdomen. We must be able to create this full expansion to utilize our core fully so we can move and perform optimally.

1. First work on being able to create the expansion into all areas **at the same time**
  - Now focus on pushing the belts away from you in ALL directions; 360° around your waist into the **original belt** and forward into the **IAP+ belt**
  - Aim for symmetrical expansion into all areas
  - Remember this is an active push, not breathing!
  - It is important to get the expansion into the back portion of the waist as you also create the expansion in the lower abdomen
2. Once you are able to create the full core activation and expansion, move to the lying down exercises and challenges described above gradually adding in resistance (i.e. using weights, resistance bands, etc)

#### Goal

Putting together the expansion at the two levels; getting 360° expansion around your waist and forward into your low abdomen with an “active” push.



## Why your core360 belt original and IAP+ together?

The primary goal for using these two core360 belts together is to help you learn how to fully coordinate the muscles involved in proper breathing and core activation. A main part of both good breathing and core activation patterns is 360° expansion around your abdomen/waist and anterior expansion into your low abdomen at the same time.

Using both core360 belts together allows you to optimally train this ability by providing feedback to help you begin to learn how to use your muscles in a way that creates the expansion. Many people have great difficulty with this and even those who do it pretty well still often lack the complete core activation we need and can benefit from making further improvement.

Once you are able to activate your core fully and consistently, you can continue to work on good breathing and core activation patterns during your daily activities, exercises/workouts and sports using the cueing from the **core360 belt original only** with continued awareness of the lower abdomen expansion.

Because we are training a new habit, periodically you will want to return to the basic exercises utilizing both core360 belts to reinforce your new way of breathing and activating your core. This will help you both maintain the new pattern and continue to progress as you take on more difficult or challenging movements, exercises and sports.

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.

## 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.

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



core360belt & Erin McGuire PT



core360 belt & Erin McGuire PT



core360 belt

**THANK YOU FOR YOUR PURCHASE!**  
**We are happy to be a part of your wellness and fitness journey!**

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