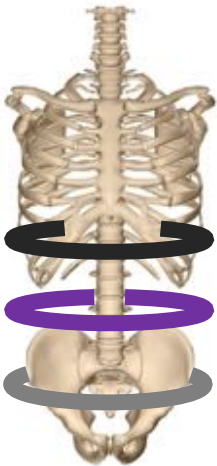


core360 belt

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 secondary levels
- Lower Abdomen (SECONDARY LEVEL):** Corresponds to the **core360 belt IAP+**
 Movement with breathing and core activation = forward/anterior expansion into the 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 breathe+ belt addresses breathing and core activation at the lower rib cage level. By targeting the lower rib cage, the **core360 belt breathe+** helps improve your breathing and core activation into this area as part of the entire 360° breathing and 360° core activation we need. Use it alone to first train basic breathing at the lower rib level. Then progress your training by using the **breathe+ 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 lower rib cage **AND** the waist at the same time. The **breathe+ belt** is used to train beginning and advanced 360° breathing and advanced 360° core activation.

Lower Rib Cage Level:

Location:

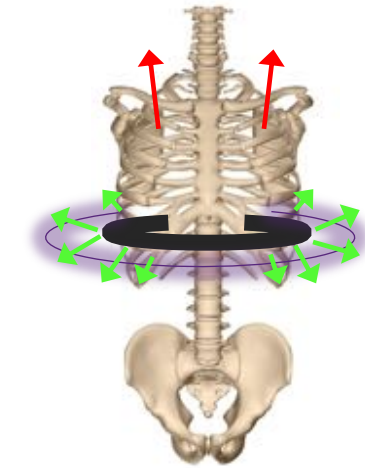
- On the lower part of your ribs between your chest and belly button (represented by black circle on illustration at left)

What should happen:

- With good inhalation, this lower rib cage area will expand outward in all directions, 360° around your trunk (see green arrows on illustration to left)

What we look for:

- With inhalation, we want to see this area immediately begin to expand in 360° around the rib cage.
- This movement should be symmetrical all the way around (Longer green arrows represent areas where we will see a little more movement than the other areas)
- With a good breathing pattern, the lower ribs and the abdominal wall will expand in 360° together



Black circle = Lower rib level

Green arrows = correct direction of movement

Red arrows = incorrect direction of movement

Signs of a poor breathing pattern:

- Lifting your ribs and chest up toward your head (red arrows left)
- Sucking in the belly with inhalation when trying to get the expansion at the ribs
- Increased tension in, or using, the chest, neck or back muscles to compensate

QUICK USE GUIDE: BREATHE+ BELT ONLY

Respiration training: in sitting or standing with the **breathe+ belt** placed around your lower rib cage, inhale all the way around the belt. Gently expand your ribs into all the pressure points around the **breathe+ belt** as you inhale. We are looking for the ribs to expand outward, 360° around your trunk. As you inhale and your rib cage expands, you should feel increased pressure all the way around the **breathe+ belt**, especially where the points are located. With normal exhalation, your ribs 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 around the belt.

Begin training in easy positions such as sitting or standing and then continue to practice during more challenging activities, i.e. walking, doing chores around the house or yard.

Start with a few minutes at a time and work toward building up your endurance.

HOW TO PUT ON YOUR BREATHE+ BELT

Placement

Place the **Breathe+ belt** around your lower ribs as seen in the picture (left) and illustration (right - black). The general location is between your chest and belly button.

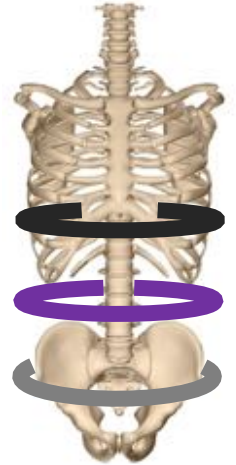
Belt should fit snug, but not too tight. It should never feel like it is restricting your movement or breath, only that it is helping.




Where to place the pressure points

The points are easily adjusted along the fabric channel on the inside. To feel more feedback, slide them to a location where they sit more on a hard spot (right on a rib). To feel less feedback slide the points to a location where they land on a softer spot (more between the ribs).

Generally, you want the points distributed all the way around the belt/ribcage. If you feel or have been told by your movement or medical professional that you have a specific area that is moving less, you can place more points on that area to help you focus on improving the expansion in this area as you inhale.

Please note: If you are sensitive to the points, you can slide them out and turn them around so the flat portion of the point contacts your body, this should be less painful or sensitive.



-  Breathe+
-  Core360 original
-  IAP+

*****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.

BREATHE+ 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 expand into the **breathe+ belt**.
- When practicing at rest in sitting, standing or even gentle walking, there is not a lot of movement here. Don't worry about how much movement you are getting, just try to get some expansion symmetrically around the belt
- As we mention above, when we are breathing correctly, we will get movement at all 3 levels together. This isn't easy and for many of us, we need to first focus on learning to move one level at a time, then put it all together
- Start by training in simple, static positions like sitting or standing. Then as you begin to feel how to create the good movement with your inhalation, start gradually adding more complicated movements, i.e. cooking, walking, etc.

BASIC EXERCISES: BREATHE+ BELT ONLY

BASIC EXERCISE #1 : BREATHE+ BELT ONLY

1. Sitting in a comfortable chair with back supported (adjust points along belt if those contacting back of chair are uncomfortable)
2. Inhale into the **breathe+ belt**, feel for the expansion of your ribcage **all the way around** your trunk (see green arrows above)
 - Note: the least amount of expansion at the ribs will occur directly in the front and directly in the back
3. Inhale for approximately 3 seconds if you are able, then exhale for the same count.
 - Note- if 3 seconds feels difficult, it is ok to begin with 2 seconds.
4. As you exhale, let your ribs relax and move away from the belt and back to the starting position.
5. Practice for several minutes, 1-3 times daily.

Goal

- Begin to feel and work on improving this expansion symmetrically around your trunk; noting any differences side to side and front to back and work on making them even.
- As you are able to perform this more easily, move to more difficult positions like standing or walking. Try to maintain this good expansion when you inhale while doing something around the house.

BASIC EXERCISE #1a : CHECKING COMPENSATIONS - BREATHE+ BELT ONLY

1. Begin in the same start position as Exercise #1, place one hand flat on your upper chest/sternum
2. Focus on the same inhalation as with Exercise #1, but now notice what your chest is doing under your hand.
3. When you inhale, your hand should move directly forward a small bit, but it should **NOT** lift up toward your head (see red arrows above)
4. If you feel the chest pulling in an upward motion, work on inhaling into the **breathe+ belt** without the chest lifting. If you are having a hard time feeling if this chest motion is occurring, you can use a mirror to watch your hand. Even placing a colored dot or white piece of tape on the back of your hand can help you see better the direction of movement.
5. As you exhale, let your chest and ribs relax and move away from the belt and your hands returning back to the starting position.
6. Practice several minutes, 1-3 times daily.

Goal

Work on getting both the 360° expansion of the ribs into the belt and the chest moving directly forward at the same time

BASIC EXERCISE #1b : CHECKING ABDOMEN UPPER- BREATHE+ BELT ONLY

This exercise begins to bring the primary waist level into play and helps you start to train both levels working together. It is also a good precursor to using both your **core360 belt original** and **breathe+ belts** together.

1. Begin in the same start position as Exercise #1, place one hand flat on your upper stomach with the other hand overlapping it. Your pinky fingers will be approximately at the level of your belly button.
2. Focus on the same inhalation as with Exercise #1, but now notice what your stomach is doing under your hand.
3. When you inhale, your stomach should move forward and expand outward as your ribs expand into the **breathe+ belt**
 - If your stomach is pulling in when you inhale, start by working on relaxing your upper stomach into your hands while inhaling into the **breathe+ belt**. As you expand into the **breathe+ belt** do not let your stomach suck back in under your hands.
 - If your stomach doesn't move forward at all as you inhale into the breathe+ belt, or if you are now able to prevent it from sucking inward, begin working on getting that forward movement and expansion into your hands at the same time you inhale around the **breathe+ belt**.
4. As you exhale, let your stomach and ribs relax and move away from the belt and your hands returning back to the starting position
5. Practice several minutes, 1-3 times daily

Goal

Putting the two movements together; inhaling and getting 360° expansion around your ribcage into the **breathe+ belt** and forward expansion/movement of your upper stomach at the same time

BASIC EXERCISE #1b : CHECKING LOWER ABDOMEN - BREATHE+ BELT ONLY

This exercise begins to bring the secondary lower abdomen level into play and helps you start to train both levels working together. It is another good precursor to using both your **core360 belt original** and **breathe+ belts** together.

1. Begin in the same start position as Exercise #1, place both hands flat on your lower abdomen/stomach with the other hand overlapping it.
2. Focus on the same inhalation as with Exercise #1, but now notice what your stomach is doing under your hand.
3. When you inhale, your lower abdomen/stomach should expand forward as your ribs expand into the **breathe+ belt**
 - If your stomach is pulling in when you inhale, start by working on relaxing your lower stomach into your hands while inhaling into the **breathe+ belt**. As you expand into the **breathe+ belt** do not let your stomach suck back in under your hands.
 - If your stomach doesn't move forward at all as you inhale into the breathe+ belt, or if you are now able to prevent it from sucking inward, begin working on getting that forward movement and expansion into your hands at the same time you inhale around the **breathe+ belt**.
4. As you exhale, let your stomach and ribs relax and move away from the belt and your hands returning back to the starting position
5. Practice several minutes, 1-3 times daily

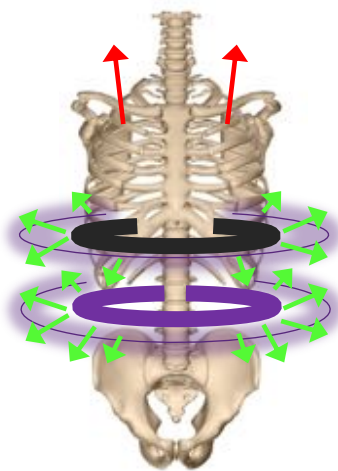
Goal

Putting the two movements together; inhaling and getting 360° expansion around your ribcage into the **breathe+ belt** and forward expansion/movement of your lower abdomen/stomach at the same time

BASIC EXERCISES: ORIGINAL CORE360 BELT AND BREATHE+ BELT

Prior to using both your **original core360 belt** and your **breathe+ belt** together to train your ability to expand around both your waist and your lower rib cage at the same time, most people need to work on being able to breathe 360° around their abdomen/waist first using only their original core360 belt. Once you are able to consistently get that 360° expansion around your waist as you inhale, you can begin the following exercises using both core360 belts.

- Put on your **core360 belt original** and **breathe+** as shown in the picture to the right.
- When retraining breathing, it may be better to have your **core360 belt original** more loosely fastened. It should never feel like it is restricting your breath. It should only feel like it is giving you feedback and facilitating your ability to inhale 360° around your trunk.
- **Remember:** don't try too hard or use too much effort. Use focused effort and try to feel what is happening into the core360 belts.
- **Remember:** we are trying to get expansion outward, NOT upward toward your head (see red arrows on graph below).
- **Remember:** Don't try for a lot of movement, aim for symmetrical, fluid movement of all areas.



BASIC EXERCISE #1 : ORIGINAL AND BREATHE+ BELT

1. Sitting in a comfortable chair with back supported (adjust points along belts if those contacting back of chair are uncomfortable)
2. Inhale into all aspects of both the original core360 belt (purple circle) and the breathe+ belt (black circle). Feel for the expansion of your ribcage and abdomen all the way around your trunk (see green arrows to the left)
3. 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.
4. As you exhale, let your ribs and abdomen relax and move away from the belt and back to the starting position.
5. Practice for 3-5 minutes. 1-2 times daily.

Goal

Putting the movement at the two levels, together; inhaling and getting 360° expansion around your ribcage and around your waist at the same time.

TRAINING TIP

When we are learning a new way to move, i.e. breathing, it is important to not only train it 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.

PROGRESSING BASIC EXERCISES: ORIGINAL AND BREATHE+ BELT

When you are able to maintain this good breathing pattern for several minutes you can progress your training by doing the following:

1. Once you complete 3 minutes of breathing training, remove the **breathe+ belt** and continue training with the **original core360 belt** only. Immediately following use of the **breathe+ belt** you will have a “sense” memory of the belt being there and the training of the rib expansion will be fresh in that memory. This is a time we want to take advantage of in order to solidify this new pattern of breathing as a part of your habit.
 - With the **core360 belt original** on, practice inhaling and expanding 360° all the way around the belt. Maintain focus on expansion occurring at your waist AND the lower ribs where the **breathe+ belt** was.
 - With the “memory” of using the **breathe+ belt**, try to also imagine your ribs expanding into the **breathe+ belt**. Try to feel the ribs expanding and returning along with your abdomen.
2. Work on the same 360° breathing while doing different movements and in different positions. First with both **core360 belts** on, then with **breathe+ belt** removed while maintaining the same focus as above in number one.
 - Standing
 - Doing dishes or cooking
 - While sitting at the computer, typing
 - While sitting lifting light weights
 - During a squat
 - During a V-sit exercise

Goal of using your core360 belt original and breathe+ 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 waist and ribs 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 these muscles fully and consistently at both levels, 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 rib expansion.

Because we are training a new habit, periodically you will want to return to these basic exercises utilizing both core360 belts to reinforce your new way of breathing. 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 of the foam pieces out through the open “hole” at the end of the material along the inside of the breathe+ belt.
- Hand wash with mild soap: do NOT squeeze or scrunch belt while washing
- Lay belt flat to dry completely before placing foam pieces back in 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



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core360 belt

THANK YOU FOR YOUR PURCHASE!

We are happy to be a part of your wellness and fitness journey!