

ULTIMATE FITNESS OBJECT

a new total body training product

ultimate
performance

ultimate
mobility

ultimate
strength

ultimate
flexibility

ultimate
balance

ultimate
training

ultimate
back care

ultimate
stability

ultimate
versatility

ultimate
body

ultimate
posture

ultimate
efficiency

“The Core”

The first essential concept in total body training is that of the “core”, which is commonly a term for the muscles of the center of the body. These muscles help stabilize the body. They maintain our structure while we do various activities (running, jumping, shoveling snow, and lifting weights overhead). These are the muscles that control the head, neck, ribs, spine and pelvis.

Imagine your body from your upper thighs and hips up through the trunk to the neck. Your body is basically a semi-rigid tube with a flexible spine up the back. If it is firm and rigid, it can do the activities it is intended to do. If the rigidity is enhanced, then you can maximize your athletic performance. If, however, your body is not rigid, it will never obtain maximal performance and there will be inordinate strain on your lower back.

It can not be stressed enough that core training is essential for performing at maximum in sports and is a key factor in preventing injury to the spine, back, head and neck. It is insurance against the plague of the low back pain that affects 80 percent of the population.

The UFO allows for exercise to be done in numerous variations and directions, continually keeping the body active in multiple planes.

When most exercises are done, only part of the total potential range of motion is worked, so strength is not developed through the entire range of motions, and a person exercising in only this one plane could not resist the strain that sports activities produce. If the body is developed in multiple planes your performance will be enhanced, you will restore balance and range of

motion for all your activities.

The UFO has given us an added edge in our rehabilitation, especially training the core trunk muscles. Patients love it and their compliance has increased. *Paul Nelson, P.T. Joyner Sportsmedicine Institute*



“Stability”

‘A chain is only as strong as its weakest link’. We have all heard this phrase before. If you have just one weak spot in your body you progressively decrease your performance level and increase your chance of injury. The second concept in total body training is “stabilization”.

To encourage the structural integrity of the body, you must perform stabilization training, which is a systematically progressive method of developing the body’s interrelated segments to act as a stable system during both static and dynamic activities.

Static Stability Specific stabilization strength for your body can be thought of as the glue that joins together all the body segments. It is the glue that fuses the body parts into one solid foundation. This type of strength has value throughout the entire spectrum of sports performance and just as strongly the goal of rehabilitation.

Many systems of training exist, such as power training, endurance training, cardiovascular training and rehabilitation strength training. But none of these can be done effectively without first developing specific stabilization training.

Specific stabilization requires more than lifting heavier and heavier weights or jumping higher than before. It requires knowledge of proper body alignment (structural integrity) to be more efficient in our movements. Once we develop our inherent strength (our static stabilization) we give our bodies a solid foundation from

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which to build on. We can then get maximum athletic or rehabilitation results.

The UFO was developed to be the latest advancement in total body training.

It combines proven basic principles that have been around for years with the latest research on proper body biomechanics, core exercise, stability and range of motion.

Dynamic Stability The human body must also withstand dynamic forces as it moves. The body must be continuously stabilized, and stabilization during motion is called dynamic stability. Dynamic stability involves rotation, holding together, and braking. When an athlete is dynamically stable, their performance is efficient and they use their energy economically and safely.

Part of dynamic stability is a concept called essential synergy. Whenever you swing your arm or move your leg, it goes where you want it to go. The movement is aligned and kept on track by the synergistic (cooperative) balancing efforts of almost all of the muscles in your arms and legs.

To go where you want to go, and do what you want to do, you are involving many muscles and movements at one time. To train for maximum performance, you must train and strengthen all of these muscles. You must increase your options so you can move with control throughout all of your possibilities.

A person should follow an exercise program and use products that were designed to keep you stable even while moving and to give your body the ability to alter and change course, and, importantly, keep in alignment and on course.

“Range Of Motion“

Dynamic range of motion is the third concept of total body training. You must be able to ac-

tively control your joints through their full individual potential range of motion. Dynamic R.O.M. calls for full muscle control throughout the range of motion. If you don't have this control, your body will risk injury when force is applied to a joint during a phase of less control.

Excerpts taken from: 'Total Body Training' by Richard H. Dominguez, M.D. & Robert Gajda.

Rehabilitation:

With the understanding we have today of back problems and their connection to the abdominal musculature, the UFO provides a therapeutic approach to restoring the musculoskeletal system to full function at the joint level. This is accomplished by simultaneously conditioning the core structural muscles and their surrounding counterparts in a simple manner attainable to clients at all levels of conditioning and rehabilitation. The added benefit of upper and lower body conditioning while the former is being accomplished further adds to the unique nature of the



UFO. I believe that the key to minimization of stress on the lumbar spine is the fact that while the abdominal musculature contracts to support the movement into extension,

thus supporting the lumbar region, the bulk of the upper body weight is not compressing the spine, and the lumbar spine is not bearing the weight of the upper torso. Rather, the upper and lower extremities are assisting in the extension process, similar to the way a suspension bridge works.

Bruce Bell, D.C., Q.M.E.

More than 30 innovative exercises with countless variations can be performed on the Ultimate Fitness Object. The safe, all natural rear motion is synergistically better for abdominal effectiveness and the lower back. You can exercise the upper & lower body and important core area with a progressive program for your ability level following the UFO Experience exercise program.

Contact Motion Fitness for more information: SRP\$99
Toll-free: 1-877-MOTION-4 www.motionfitness.com