



SPECTRUM: CORE GT

Adjustments & Positioning:

1. The bar moves towards the user or away, depending on the relationship that the coach is trying to achieve.
2. The bar also moves up or down, in order to accommodate taller or shorter people.
3. Moving up or down is motor driven through the center of the device.
4. When the user gets into position, they want to ensure a relationship between the shoulder joint and the hip joint. They should be in line with each other, or the shoulder joint is a little bit further ahead.
5. This way the user is really engaging the core.
6. The pads should be snug to the thighs, not too tight.
8. The pad adjusts to keep the individual from moving up, out of the seat.
9. The user will look at the screen.
10. The user will engage to the point of going to muscular fatigue in his core, stimulating his or her rib cage, and all the way through the kinetic chain of the arm and some of the upper rib cage.

Movement:

1. The individual will focus on contracting with the greatest amount of force for 5 seconds.
2. The 5 best consecutive seconds is what is captured.
3. This should give someone incentive to not explode into movements, and to be safe and controlled while they are doing the entire movement.

Person's First Time Setup Steps:

1. First adjust pads so they are snug on legs (snug not tight).
2. This is to keep the user from lifting up in the seat when they are pulling down.

3. Second, have the user grab onto the handles, then the coach will move the bar forward or back, depending on position.
4. The user should position themselves as if they are doing a sitting crunch.
5. The relationship should be that the shoulder joint is in front of the hip joint.
6. Third, adjust the bar higher or lower to the appropriate level.
7. The bar should be at about the forehead level of the individual.
8. This optimizes the positioning of the biceps.
9. Should be a 90 degree angle between the humerus bone and the midline of the user's body.
10. Have the user lean a little forward and contract by moving the handle bars towards the pads, coming together like a fetal position.
11. Ensure the user looks at the screen.
12. Remember the highest 5 consecutive seconds is what is captured and what is most important.
13. This is what keeps people from exploding into the movement and maintaining safety throughout.

Common Mistakes:

1. Two most common mistakes are:
 - a) The position of the bar.
 - b) Where the individual looks when contracting.
2. Function of abdominals is to move the pelvis and rib cage together.
3. If the individual is not looking at the screen they are not getting the benefit of biofeedback.

Proper Positioning:

1. We want to keep eyes on the screen.
2. Bar height about forehead level.
3. 90 degree angle between humerus bone and midline of the body.
4. Shoulder joint should be in front of the hip joint.
5. Software is developed to encourage very slow and controlled loading to keep the individual safe the entire time.

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