

Ausbb-Australian BodyBuilding Forum > Nutrition & Diet > Bodybuilding Supplements > Anybody wanting to buy Melatonin

They are Swanson Ultra Triple Strength Melatonin, 10mg 60 cap bottles. Have quite a few lying around. Send me an email/message if interested.

tat maytals 06-02-2011, 01:15 PM

Is this legit or spam? one post...

Shrek 06-02-2011, 01:43 PM

Well it's not illegal so it may be a reasonable deal.

labz2233 06-02-2011, 01:47 PM

join today... first post is a sale?

Christian 06-02-2011, 02:08 PM

You inject this stuff btw and it's cheap as shot online.

Shrek 06-02-2011, 02:41 PM

Noobs. not Melanotan, this is Melatonin.

Rugby88 06-02-2011, 03:26 PM

Can someone explain the point of taking this? I have never really understood what its for.

Christian 06-02-2011, 03:47 PM

Can someone explain the point of taking this? I have never really understood what its for.

Very potent antioxidant.

Very usefull for helpin rebalance ones sleep cycle and helping regulate cortisol production that has gone a bit haywire (higher in evenings)

Life saver for me I take 6mg nightly

Rugby88 06-02-2011, 04:21 PM

Dont ppl use it to get a tan? lol - or is that something else>

Rugby88 06-02-2011, 04:22 PM

Very potent antioxidant.

Very usefull for helpin rebalance ones sleep cycle and helping regulate cortisol production that has gone a bit haywire (higher in evenings)

Life saver for me I take 6mg nightly

Sounds interesting in regards to regulating cortisol production - i'll have a read.

Christian 06-02-2011, 06:12 PM

Sounds interesting in regards to regulating cortisol production - i'll have a read.

This is only in regards to if you have problems of a night...

The relationship between melatonin and cortisol rhythms : Clinical implications of melatonin therapy

Department of Neurobiochemistry, Faculty of Life Sciences, Tel-Aviv University, Tel-Aviv, ISRAEL
Neurim Pharmaceuticals, Tel Aviv, ISRAEL
Department of Psychology, Faculty of Social Sciences, Tel-Aviv University, Tel-Aviv, ISRAEL

Disturbances in circadian rhythm have been linked to chronic diseases such as insomnia, hypertension, diabetes, and depression. Here we review recent studies on the age-related changes in cortisol and melatonin rhythms and then present descriptive statistics on our preliminary findings on the rectification of the cortisol rhythms by melatonin therapy in elderly patients with insomnia. In adults, the melatonin onset typically occurs during low cortisol secretion

With aging, the production of melatonin declines and is shifted to later hours while the production of cortisol increases and its peak occurs earlier in the night. In a randomized placebo-controlled crossover study with 8 patients with insomnia aged 55 years and older, a group characterized by low and delayed melatonin production, administration of prolonged-release melatonin in the evening was able to rectify the early onset cortisol production.

The clinical benefit from a decrease in cortisol during the early part of the night may lie beyond the improvement of sleep into a better control of blood pressure, metabolism, and mood.

The relationship between melatonin and cortisol rhythms : Clinical implications of melatonin therapy (<http://cat.inist.fr/?aModele=afficheN&cpsid=17328957>)

Remember testosterone offsets cortisol's catabolic effects in muscle.. So if your not running low on T a little elevated cortisol isnt the end of the world. In fact too low cortisol is dangerous and

causes alot of other problems.

Shrek

07-02-2011, 06:24 PM

Dont ppl use it to get a tan? lol - or is that something else>Melanotan is used for tanning, this is Melatonin.
Poepole mix these up quite often.

Christian

07-02-2011, 06:29 PM

Melanotan is used for tanning, this is Melatonin.
Poepole mix these up quite often.

Yeah i was on iphone and made a boo boo..

On another note i have seen rsearch that is sugestive of melanotan II being good for insulin resistance.

sulphurman25

07-02-2011, 10:51 PM

legit. I just started taking them a week ago as I have quite a few lying around. I found it knocked me out pretty quick. Gaba also works well. Time seems to slow down when taking gaba :)

Gauche

07-02-2011, 10:58 PM

I love the stuff. Wish I had some now.....

Zdeněk

09-02-2011, 02:46 PM

this shit gives me vivid dreams, take 2 tabs puts me to sleep in 20 mins. get it from bb.com 100 3mg tablets like \$1.99 Bodybuilding.com - Optimum Melatonin - Supports Sleep!* On sale now! (<http://www.bodybuilding.com/store/opt/melatonin.html>)

Shrek

09-02-2011, 10:48 PM

and 30box shipping LOL

barlo

23-02-2011, 10:08 PM

and 30box shipping LOL

And thats if your lucky enough to receive it, Melatonin is prohibited import here though legal to posses :S

megabuff

26-02-2011, 02:22 PM

Hello to the forum

has anyone successfully bought some from OS?

any probs with customs?

megabuff

26-02-2011, 02:25 PM

FYI

i have attached soem info from Dr Micheal Colgan's newsletter

Colgan Institute News

June 2004 © Colgan Institute, 2004

The information contained in this Newsletter was prepared from medical and scientific sources which are referenced and are believed to be accurate and reliable. The information herein should not be used to treat or to prevent any medical condition unless it is used with the full knowledge, compliance and agreement of your personal physician or other licensed health care professional. Readers are strongly advised to seek the advice of their personal health care professional(s) before proceeding with any changes in any health care program.

Feature Article

Melatonin: Master Hormone

by Dr. Michael Colgan

The pea-sized, light-responsive pineal gland is buried in the middle of your brain 3 – 4" behind the center of your eyebrows. For most of the 20th century the pineal was believed to be left-over and of little interest, even though it is the first organ to develop in the fetus, being discernable about three weeks after conception. Ancient wizards, free to think beyond the statistical rules that have restricted research for much of the last 100 years, called the pineal the "third eye", and imbued it with great powers over mood, sexuality and consciousness. Recent science shows that the ancients were pretty close to the truth.

In 1958, Aaron Lerner, a dermatologist at the Yale University, discovered that the pineal secretes a powerful hormone, which he named melatonin.¹ It took another 20 years to establish that melatonin is the circadian pacemaker of the human body, without which you would lose the temporal organization of the hormone cascade, with consequent progressive degenerative changes in the brain and other organ systems.²

Though it cost Yale over 10 million dollars for Lerner to first isolate and then synthesize a few milligrams of melatonin, the ingredients for this hormone are so simple, it now costs only pennies to make. Because of its near zero toxicity,³ melatonin has become commonplace in public use, both as a sleep aid and to combat jet lag, for which purposes it works reasonably well. Consequently, many folk think of this most powerful hormone merely as a trivial remedy. To redress the balance, I want to document a few of the ways in which melatonin absolutely controls human and animal lives.

In animals that are seasonal breeders, including birds, melatonin controls their annual cycle, from the sprouting of antlers in deer, to animal and bird migrations, to sexuality and reproduction, to seasonal changes in fur and plumage, even birdsong. In the low light of winter, melatonin rises to lower testosterone, and shrivel the gonads of male animals, and eliminate the menstrual cycle, and dry the mucous membranes of females. It also changes body odor and other sexual cues, thereby reducing sexual behavior to near zero.⁴

Because we disrupt our circadian rhythms (and those of our domestic animals) with artificial light, modern humans (and their pets) can breed anytime, and scientists used to believe that human reproduction was no longer under melatonin's influence. No way! Inuit women, who live in the traditional way, stop menstruating when the dark winter months of the North greatly raise their melatonin. The return of daylight in spring lowers melatonin, allowing the menstrual cycle to re-start and return them to fertility.⁴

Even in Western Society, in both males and females, testosterone and estrogen are depressed by the high levels of melatonin released in winter. There is a sound scientific basis for seasonal affective disorder (SAD), which is relieved by sitting under lights that mimic bright natural sunlight and thereby lower melatonin. Come spring and sunshine, melatonin drops, and SAD disappears. In all of us testosterone, estrogen, emotional tone, and sexuality all rise promptly with Spring, giving strong scientific support to the old adage, "a young man's fancy lightly turns to thoughts of love."⁵

Low Melatonin Promotes Disease

At age 25 melatonin output is about 50 pg/ml per day. By age 50 it drops to about 20 pg/ml, and to 10 pg/ml by age 70, too low to maintain circadian rhythms. Lack of sufficient melatonin is one big reason why many people over 40 don't sleep well: hence its popularity as a sleep aid. But insomnia is a minor disturbance compared with the huge degenerative changes taking place in every organ and system in the body, because they have lost their melatonin timing mechanism.⁶

Benign prostatic hypertrophy, for example is present in most men over 50, and many remedies are used to prevent the night disturbance of the urine cycle. Yes, even your bladder has a cycle driven by melatonin, and low melatonin is now firmly linked to frequent night urination. In a recent study representative of the evidence, men given just 2.0 mg of timed-release melatonin at night, experienced immediate relief of symptoms.⁷

Low melatonin levels are also linked to low immunity and susceptibility to colds, flus, pains and sprains, bruises and contusions.⁸ Degenerative diseases too. One of the nastiest diseases now linked to melatonin decline is rheumatoid arthritis, in which your immune system turns on you and attacks healthy flesh. Despite a mass of experimental evidence on animals, stretching back some 20 years, this link is still not considered in conventional treatment of rheumatoid arthritis. I include it here in the hope some folk will pick up on it.

In a nutshell, when rheumatoid arthritis is experimentally induced, the immune system becomes disordered via a melatonin pathway through the autonomic nervous system to the lymph nodes when melatonin is low. The immune system goes out of control. Pre-treatment with physiological doses of melatonin (you don't need much) prevents this disorder. It is likely that melatonin is the main synchronizer of immune function, essential to keep it within the healthy limits it was designed for.⁹

Even more serious, the initiation and rate of growth of certain cancers is linked to disrupted circadian rhythms. Medical research now terms this previously unknown cause of cancer chronodisruption. It is now linked to the higher rates for certain cancers in night-shift workers, those who travel across numerous time zones for their work, and others whose age or lifestyle choices result in damage to the pineal gland's ability to make melatonin.¹⁰

Worst of all, low melatonin devastates the brain. It is one of the main endogenous brain antioxidants that protects our brain cells from free radicals.¹¹ More than that, new research shows that melatonin also supports human cognition, and that chronic low levels of melatonin are linked to neurodegenerative disease. We know, for example that chronically low melatonin promotes depression.¹² Alzheimer's patients also have chronically low melatonin.¹³ So strong is melatonin's control of the temporal patterning of neural and endocrine structures in the midbrain, it is now considered a major organizer of cognition.¹⁴

Melatonin Replacement

I hope this brief sketch is sufficient to convince you of the importance of melatonin. This essential hormone used to be banned in Canada but recently started appearing in the stores, a big health boost for Canadians. Whether government is turning a blind eye, or it is now officially approved is difficult to discover. The Canadian Health Food Association replied to my enquiry that any sale of melatonin would require an application to government for approval, and issue of a drug identification number (DIN). Clearly the bureaucrats have not been looking in the stores lately. Not one of the six Canadian brands I examined was sporting a DIN number.

No one knows the exact doses of melatonin to use. There is likely a wide range of individual differences in need, depending on age, health, genetic tendencies and environmental light levels. The best I can offer is the rules of thumb we have developed at the Colgan Institute over the last 30 years, using melatonin with more than 40,000 people.

1. Men require more melatonin than women.
 2. Need increases with age.
 3. Because of differences in the pattern of melatonin release at night, some people require timed-release melatonin, others require sublingual rapid-release melatonin, still others require a combination of the two.
 4. If you take melatonin you must do it very consistently, every night, right at bedtime. Irregular use or timing interferes with sleep patterns, and very likely with the function of multiple organs and systems.
 5. Buy only trusted brands. Some "melatonin" isn't.
- Here is our dosage table. Each person has to experiment within the ranges and types to find what suits. Remember, despite its apparent lack of toxicity, no one knows the long-term effects of melatonin replacement, so if you use melatonin, you do so at your own choice and risk. Happy dreams!

Melatonin Use At The Colgan Institute

Age

Males

Females

30-40

2.0-5.0 mg

0.25-3.0 mg

40-50

2.5-7.5 mg

1.0-4.0 mg

50-60

3.0-9.0 mg

2.0-5.0 mg

60-70

4.0-10.0 mg

2.5-6.0 mg

70+

5.0-12.0 mg

3.0-9.0 mg

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Abdominal Power: The Colgan Power Program

by Dr. Michael Colgan

Spread on my desk are 22 articles on abs, taken from recent issues of muscle and fitness magazines. Not one of them correctly identifies abdominal musculature and only two show any exercises that will improve abdominal power. It's a sad commentary on the influence of bodybuilding, which focuses on improving only one of the abdominal muscles, the rectus abdominis, or six-pack. It's the main abdominal muscle you can see (and admire in a mirror).

Under this influence, millions of misguided athletes endure endless hours at crunches, leg lifts, sit-ups, Roman chairs and weird and wishful ab machines. The net result is a minor increase in ab strength and a minimal reduction in the girth of the waistline. The only virtue of these shenanigans is that they keep people off the streets. You would get better abs chopping firewood. If you want athletic power, don't waste your time with conventional ab flapdoodle. Consider what an athlete needs in the mid-section. The abdominals and associated back muscles, called the multifidi, form the corset of your body's core. In my book *The New Power Program*, I show how the core is your power center, through which power is transferred from the ground or other fixed point of leverage, up and down the body.¹ Without a strong core, strong arms and legs cannot apply their power on the playing field.

Martial artists have known these things for centuries, but when bodybuilding developed in the 1930's, its promoters were not listening, because they only wanted to develop muscles for sideshow. You see it in hundreds of bodybuilding programs. Abs are tagged onto other bodyparts, almost like an afterthought. Bodybuilders train from the outside in. Arms and legs, back and chest, then a little bit of abs, which is usually confined to the six-pack. If you want athletic power, train your body from the inside out: core first, then torso, then arms and legs.

Tight Gut

By tight I don't mean a sucked-in gut, but rather a natural inward curve of the abdominal wall when the muscles are relaxed. Without this firm support, all your soft squashable organs flop around inside, dissipating your power. A loose gut is like a sealed rubber tube, loosely filled with little rubber balls. If I hit the top of the tube with a sledgehammer, it squashes and bulges. Very little of the power of the sledgehammer blow is transferred out the bottom. But if the tube is tightly filled and firm as a fence post, almost all the power is transferred. If you watched Michael Johnson break the 400 meters at the 1999 World Track and Field Championships in Seville, Spain, you know what I mean. He had no body sway. His power transfer through super-firm abs was so precise, he ran like a machine.

Not the Six-Pack

The first big surprise to many athletes at my seminars is to learn that the six-pack has nothing to do with a flat stomach or tight gut. The six-pack is a long flat muscle whose fibers run vertically down the body from the breastbone and fifth, sixth and seventh ribs, to the top of the pubic bone. The six sought after bumps poke out through a grid of flat tendons that run down the center and across the muscle at intervals.

The function of the six-pack is to flex the trunk so that your rib cage moves toward your pelvis. In doing so, it causes the stomach to bulge, never to become flatter. There's no mechanism by which the six-pack can flatten your gut: its fibers run the wrong way.² Haven't you ever wondered why some bodybuilders have incredibly defined abs but, when relaxed, they stick out like a beer belly. That's what ab training with sit-ups, crunches and Roman chairs will do for you.

Still not convinced? Try this. Lie on your back and put one hand on your gut. Now do any type of crunch or sit-up you like. You will feel the stomach bulge immediately as the six-pack shortens and thickens.

Transversus Power

The main muscle that holds your gut flat and firm is the transversus, a thin sheet of muscle to the sides of the six-pack that joins into the connective tissue behind it. The transversus is your body's natural corset. It's fibers run across the gut, join into the back sheath of the six-pack and wrap around the sides of the body, attaching all along the rib cage, around the top of the pelvis and into the back muscles.

The transversus is the main muscle that pulls in your gut. Despite this clearly defined function, it is hardly ever trained in conventional ab routines, probably because you can't see it in a mirror.

Internal Obliques: Stability

The transversus is assisted by the main stabilizers of the trunk, the internal oblique muscles. The diagonal fibers of the internal obliques provide a criss-cross layer of support over the horizontal transversus fibers. Unless you have strong core stabilizers, your upper body will sway like a sapling whenever you try to apply your power. Yet, because they are also invisible in a mirror, the internal obliques are rarely trained in bodybuilding routines. Athletic coaches, however, do realize their value, and use great side-to-side exercises with medicine balls to get at them.

A strong transversus and internal obliques also reduce pressure on the vertebral discs of your back by up to 50%. Especially so when you pull the gut up and in when lifting. Weight lifting belts and back supports used by truck drivers and warehouse staff reduce vertebral pressure by only 20 – 30%. Natural muscle wins every time.

External Obliques: Rotation

The final outer layer of muscle, which is visible, consists of the external obliques. Fibers of the external obliques run on the opposite diagonal to the internal obliques, providing a further criss-cross layer of support for the gut. They also rotate your trunk and bend it sideways, important functions for athletes.

But the external obliques are shunned in conventional ab training, because bodybuilding exercises make their lower fibers show like love handles and make the waist wider.

Most idiotic of conventional ab routines are the hundreds of standing or bent over trunk twists done with a broom pole, or worse, a barbell on the shoulders, in vain attempts to make the external obliques smaller. The net result of this ballistic twisting is to stretch these muscles where they attach to the pelvis, and make them sag out even further.

You better get the external obliques trained right if you want athletic power. Electromyographic studies show that whenever you lift a weight in front of the body, or move to walk or run, the first muscle to fire is the transversus, followed by the internal obliques and the external obliques, and the lumbar multifidi muscles of the back. Only then does the rectus abdominis fire, and weakly at that.^{3,4} After all the abdominal muscles are firing and the trunk is stabilized, the prime movers of the movement begin to fire. If the transversus or internal or external obliques are weak, then all your movements are weak also.

Six-Pack Or Psoas

Once you have the transversus, internal obliques and external obliques under control, then you can consider the six-pack for its important athletic function in moving the breastbone towards the pubic bone. But even this simple movement is missed by most conventional ab training. Sit-ups, straight leg raises and Roman chairs, and lying or sitting ab machines that constrain the feet or legs, primarily exercise the psoas muscles which run from the top of the femur (thigh bone) through the pelvis to connect to the lumbar vertebrae. The psoas act to move the trunk towards the knees. Now you know why a lot of ab exercises give you a sore lower back.

The psoas become very strong whenever you arch your back to increase their leverage, and will override the six-pack, which is weak in any unsupported arched back position. Arched back means belly out, not the way you want to be for sport, or for life. Arched back with psoas under load also puts a shearing load on the lumbar spine, a big no-no for athletes.

Our rule is, bum in and round the back whenever you work your abs.

The Pelvic Floor

The floor of your pelvis, which supports your organs and intestines, is not bone, as many people seem to think. It is made of muscles. These muscles are pushed down by compression of the organs whenever you increase intra-abdominal pressure. So whenever you pull up on the transversus to tighten the abs, you should also pull up on the pelvic floor muscles to hold up your guts.

Martial arts have always recognized the importance of internal pelvic exercises to build a strong power center. Apart from these sports, however, even very fit athletes find it difficult to lift the pelvic floor, because it is neglected by all but the most sophisticated trainers. Because you can't see it in a mirror, bodybuilding training ignores the pelvic floor entirely.

Here we are concerned only with the main supporting muscles, the sphincter ani, the levator ani and the coccygeus. Together with a mesh of connective tissues, they form a muscular hammock, slung across the gap in the pelvis. As you might expect, studies show that lifting weights, and other activity that increases intra-abdominal pressure, tries to push your guts out through the pelvic floor.^{5,6} The stronger you can make it to resist this pressure, the stronger your core.

The way to do it is pull the anus up and in, an instant before you increase intra-abdominal pressure. That way the pelvic floor muscles are subjected to eccentric contraction (lengthening under load), the best way to strengthen them.

Women are usually familiar with these muscles because of the Kegel exercises taught to expectant mothers. But many male athletes have little awareness of their pelvic floor. To improve awareness, practice this exercise during odd times, such as sitting in traffic. Pull up and in on the levator muscles, as if you are forcibly stopping your urine stream. Hold for five seconds. Relax five seconds. Now do five pumping lifts of one second each. Relax five seconds. Repeat the whole sequence six to eight times. Within a few weeks of daily practice you will be able to hold the pelvic floor up for at least a minute.

Strong Lower Back

The last component of a powerful core is strong lower back muscles. The transversus pulls heavily on the lower back whenever you tighten it. In the event of overload, it's usually the back

that gives way. We tackle the problem with two exercises. First is the back extension roll-up on the back extension bench. Most folk you see using the back extension bench move up and down with a straight back, and even go into hyperextension — not a good idea. Instead, we teach athletes to roll up their back, vertebra by vertebra, from a tightly curled position to the horizontal.

Second is the reverse back extension, popularized by Louie Simnard, in which the legs hang down and are brought up to the horizontal. This exercise used to be a power secret of powerlifters and weightlifters, who constructed their own benches to do the job. Now I see commercial reverse extension benches being advertised everywhere. About time!

The Best Abdominal Exercises

For every ab exercise, center yourself first by pulling up and in on both the transversus and the pelvic floor. Retain this up and in posture even when breathing. Inhale on each concentric contraction and, just before each slow eccentric contraction, exhale forcibly by squeezing in more on the transversus and pelvic floor. Initially this action will be very strenuous. Without tightening the gut, you might do 50 reps of a movement such as hanging and kicking the knees to the chest. With power exercise you will be working to make 10 reps.

Because many athletes have weak abdominals, the series of five hanging exercises is listed from easy to hard. Initially you may be able to do only the first one or two. For some people even these will be too hard and you will have to start on floor ab exercises. As you progress to being able to do them all, you should reverse the order, doing the hardest abdominal exercises first. For all of the hanging exercises, it is important to keep the back rounded and the toes pointed forward, and curl the torso as you go up, in order to minimize the action of the psoas. A good test of ab strength is Exercise 3, straight leg raise from a dead hang. If you can't do 10 reps, you need ab work real bad. Add two core exercises to each workout you do during the week. These are our Level 2 and Level 3 ab exercises. Floor ab exercises are Level 1. Level 4 ab and core exercises are not listed here. To learn all the levels you can attend one of our Power Program Camps or purchase the DVD sets which will become available during this year.

Exercise 1: Hanging Knee Kick

Hang on bar with back rounded and toes pointing forwards. Pull up and in on transversus and pelvic floor.

Inhale. Kick knees up to chin, keeping arms straight. Hold and exhale, keeping transversus and pelvic floor up and in. Slowly lower legs to start position.

Inhale. Repeat for 6 – 8 reps.

Exercise 2: Hanging Half Leg Raise

Hang on bar with back rounded and toes pointing forwards. Pull up and in on transversus and pelvic floor. Inhale. Raise straight legs up to horizontal, so they make a 90° angle with the body. Keep arms straight. Hold and exhale forcibly, keeping transversus and pelvic floor up and in. Slowly lower straight legs to start position. Inhale. Repeat for 6 – 8 reps.

Exercise 3: Full Leg Raise

Hang on bar with back rounded and toes pointing forwards. Pull up and in on transversus and pelvic floor. Inhale. Raise straight legs up to touch bar between hands, keeping arms straight. Exhale forcibly, tightening transversus and pelvic floor. Slowly lower legs to start position. Inhale. Repeat for 6 – 8 reps.

Exercise 4: Horizontal Scissors

Hang on bar with back rounded and toes pointing forwards. Pull up and in on transversus and pelvic floor. Inhale. Raise straight legs up to touch bar between hands, keeping arms straight. Exhale. Keep transversus and pelvic floor tight. Keep legs up. Scissor legs out to sides. Inhale. Bring legs in and exhale. Repeat for 6 – 8 reps before slowly lowering legs to start position.

Exercise 5: Vertical Scissors

Hang on bar with back rounded and toes pointing forwards. Pull up and in on transversus and pelvic floor. Inhale. Raise straight legs up to touch bar between hands. Keep arms straight throughout. Exhale and tighten transversus and pelvic floor. Keep one leg at bar level and lower other straight leg to the horizontal. Inhale. Reverse legs with a scissor movement while exhaling. Repeat 6 – 8 reps before lowering straight legs slowly to start position. Keep transversus and pelvic floor up and in throughout the exercise.

Exercise 6: Back Extension Roll-ups

Lie face down on extension bench, with pelvic bones protruding over edge. Clasp hands to chest or, preferably (harder), behind neck. Push straight out with elbows, making back as long as possible. Pull up and in on transversus and pelvic floor. Inhale. Lower trunk and curl back. Exhale. Slowly uncurl trunk, one vertebra at a time, starting from the lower back until you reach start position. Inhale. Repeat 6 – 8 reps, keeping transversus and pelvic floor up and in throughout the exercise.

Exercise 7: Reverse Back Extension

Lay face down on extension bench, with legs hanging vertically. Grasp post of bench and rest forehead on footpad. Pull on post to lengthen back. Pull up and in on transversus and pelvic floor. Exhale. Raise straight legs to horizontal while pushing on the post. Inhale. Slowly lower straight legs to vertical while pulling on post. Exhale. Repeat for 6 – 8 reps, keeping transversus and pelvic floor up and in throughout the exercise.

Note: The hanging and back extension exercises (Exercises 1 – 7 above) should be done without additional weights until you can do all of them for 8 reps. Then you can add strap-on ankle weight and hold a soft weight on the upper back for roll-ups, to increase the difficulty.

There are a few other secrets, but these exercises are plenty for at least a year of core training. I'll bet a once-a-week workout with our program against 500 crunches or sit ups a day anytime.

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Previous Newsletter Topics:

The past newsletters are all on our website at www.colganinstitute.com (<http://www.colganinstitute.com/>). This is a list of the topics: