



Mind Body Fitness for Life

POWERCENTERINGsm



*trims your
waist, hips,
and thighs*



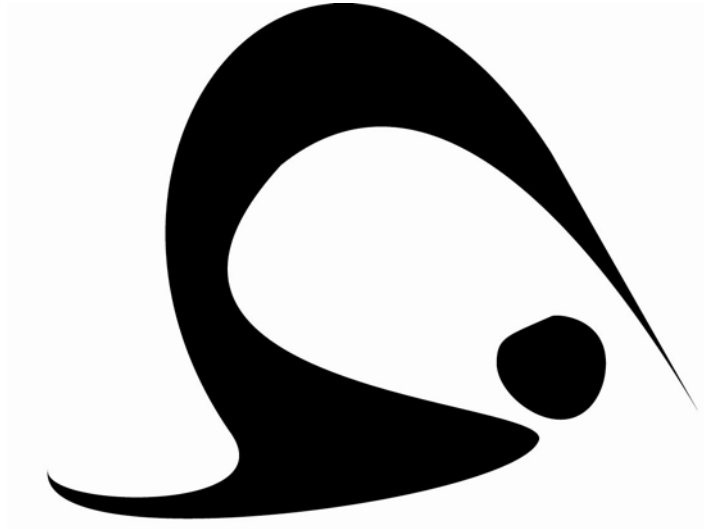
*improves core strength
& flexibility*



*eases stress
and relaxes
tensions*



Training Guide



www.powercentering.com

Training Guide

Developed by
Peter A. Gratale

Before beginning this or any exercise program, please consult with your own personal physician. If you feel any unusual pain or discomfort, stop immediately and seek professional help.

PowerCentering™

Mind Body Fitness for Life

Our Purpose...

To help people think, look, feel and be their best.

This is achieved through our basic premise that breathing and movement exercises can generate a mind body connection that creates a peak human performance state. This leads us to a higher expression of quality of Life, Health and Happiness.

Our Mission...

To motivate, educate and empower people of the world in implementing the PowerCentering principles more consistently in their lives so that they may benefit.

Our Objective...

The goal of a PowerCentering session is for a participant to experience a transformation in their state of being and level of vibratory energy.

By activating the body's energy circulation through movement and breathing, a person can connect to their inner core of strength and vibrancy. The resultant pleasant and sometimes exhilarating experience empowers and motivates them to continue to practice PowerCentering as a lifestyle.



Power = energy, strength **Centering** = focusing at the core

PowerCentering = focusing your inner energy and strength at your core.

PowerCentering is a revolutionary exercise lifestyle approach that blends body awareness, breathing, posture, balance and centered movement exercises into a fun routine that virtually anyone can do. PowerCentering is the most modern scientific evolution of ancient principles and techniques that help you tap into the source of energy and strength that lies at your core.

PowerCentering is an awareness and utilization of the of the human body's center of mass that lies in the lower abdomen about one to two inches below your navel. Here lies the physical center of gravity of the human structure. The principle is found in the Eastern philosophies and martial arts as the dan tien or hara, the point that serves as the symbolic center of our being and power. Regular practice of the PowerCentering techniques results in a healthier and happier quality of life, while achieving measurable results in human performance and capabilities.

PowerCentering blends breathing and movement exercises that focus your mind at your body's core center, creating an instant peak performance state while achieving improvement in all fitness components.

PowerCentering is derived from ancient movement arts and modern scientific principles that include but are not limited to:

- **Chi Kung Animal Movement**
- **Chiropractic and Bioenergetics**
- **Didgeridoo Centering**
- **Tai Chi Fitness Movement**
- **Yoga Stretch and Strengthen**
- **Pilates-inspired Mat Exercise**
- **Aikido Movement and Centering**
- **Boot Camp Muscular Development**
- **Strength Conditioning and Calisthenics**
- **Restoration, Relaxation and Recovery**

Benefits of PowerCentering

a leaner, fitter total body

PowerCentering creates improvements in all five fitness components; flexibility, muscle strength, muscle endurance, cardiovascular effect and body fat reduction.

trims your waist, hips & thighs

PowerCentering targets the torso musculature that, when toned, creates a leaner, hallowed waist, and more shapely butt, hips and thighs.

improves core strength and stability

PowerCentering works the core musculature of the body which includes the long stabilizing muscles of the torso, abdominals, waist, hips, butt and thighs.

greater range of motion and flexibility

PowerCentering integrates a variety of stretching exercises that improve the range of motion of all body joints, with emphasis on vital spinal motion.

improves breath and energy levels

PowerCentering teaches proper energizing breathing techniques that improve oxygenation of the body tissues while relaxing the muscles of respiration.

relief from aches and pains

PowerCentering helps to strengthen and rehabilitate weak joints and muscles that cause the more common daily aches and pains.

improves posture and balance

PowerCentering trains the posture and balance centers of the central nervous system creating a more natural upright posture and improved balance in movement.

injury prevention

PowerCentering conditions the muscles that stabilize the joints, enabling the body to better absorb the stress and strain of daily and recreational living.

enhances ability to handle stress and relax

PowerCentering teaches how to relax tense bodies while promoting the recovery response, producing a body more adaptable to physical and mental stress.

instantly creates a peak performance state

PowerCentering produces the state of relaxed energy, the optimal peak performance state also known as the "zone" in athletics.

Your Journey to the Center

Creating a Wellness and Fitness Lifestyle with *PowerCentering*™

By Peter A. Gratale D.C.

A recent study found that 95% of chiropractors suggest exercise to their practice members to strengthen the spinal core musculature and improve fitness levels. Many chiropractors also teach techniques and exercises that create better body awareness, deeper breathing, taller posture, and dynamic balance and movement principles. Through 20 years in a wellness chiropractic practice, I have developed techniques and strategies to assist health care professionals and their practice members in applying these principles to every day life. I've learned to make lifestyle habits simple, understandable and fun so that people follow through and do them!

The process I teach to complement spinal care is called *PowerCentering*, and it is an experience that can be had by anyone, anywhere, and at anytime. The results have been fabulous, and participants experience a transformation in their mind, body and spirit. Some reported benefits of *PowerCentering* are; a leaner, fitter body, greater range of motion and flexibility, improved breath and energy levels, relief from aches and pains, better ability to handle stress and relax, enhanced muscle tone and strength, improved posture and balance, and better ability to focus and concentrate in a variety of daily activities.

PowerCentering is the act of tapping into your inner energy and core strength so that your performance in life is improved. Your *PowerCenter* is the physical center of mass of the human body and is usually represented on anatomical charts anterior to the sacrum as your center of gravity. It's an area about the size of a softball that lies roughly one to two inches below your navel within the middle of your lower abdominal cavity. Some may recognize it as the dan tien (Chinese), the hara (Japanese), the powerhouse (pilates), or plainly, the center (modern dance and ballet).

George Leonard, the 78 year-old author of the *Ultimate Athlete, Mastery and The Way of Aikido*, and practitioner of the Japanese martial art of Aikido teaches that, "Physically as well as symbolically, this point can be treated as the center of power. It is anatomically surrounded by the long muscles –thigh, buttocks, abdomen, back - that attach to the pelvic girdle, muscles that are far stronger and contribute more to athletic ability than the macho upper body."

PowerCentering is first and foremost, a simple quick method that anyone can use to perform at their best in most situations. Below are the Five Instant Steps to *PowerCentering* that create an immediate awareness of your center. This will cause an instant shift in your body physiology and ability to perform. Like any skill, regular practice will prepare you to use it in everyday real life. Start by picking a favorite spot, like the beach, a mountain or more commonly a preferred spot at home. Select music that inspires you. Stand with your feet comfortably apart, resting your hands on your lower abdominal wall. Enjoy the exhilaration that accompanies this delightful *PowerCentering Experience*.

1 . Focus Your Awareness to Center

Allow your mind to focus your awareness at your *PowerCenter*. Try imagining that it is a ball of energy that glows with your favorite, vibrant color. Visualize that your deeper self is present at your center, not in your head. Once you connect to your center, it is your spirit that moves you! It can virtually change your life in an instant.

2. Breathe to Center

Breathe in through your nostrils and visualize the in-breath traveling down the midline of your spine to your *PowerCenter*. This "belly breath" works the diaphragm and abdominal muscles. Hold for a few counts then exhale up and out through the spine and nostrils. The sound of your breath is similar to waves crashing on the beach, and helps you to focus and refocus your awareness to your center,

3. Stand at Your Tallest Height

Become aware of your feet rooted like a big old oak tree to the ground. Then, lift the crown of your head directly up to the sky, elongating your spine and standing at your tallest. Pretend you're being measured for height, like when you were a kid. Once the upper cervical spine is put into its proper relationship with gravity, the neurological program for good posture is automatically generated throughout the whole body. Feel confident as you stand with a regal posture. You are royalty!

4. Achieve Balance

Visualize that your *PowerCenter* is tethered to the center of the earth by a long rope, like a mountain climber. Now gently, almost imperceptibly, sway from side to side and front to back, feeling your *PowerCenter* move in and out of balance. Notice that much like a tightrope walker, your balance is a dance with gravity. Try to feel the perfect center point for your stance and practice holding a dynamically balanced position.

5. Move from Center

Finally, perform any movements or exercises that you desire, but now do it from your *PowerCenter*. Imagine that your every motion begins and ends at your *PowerCenter*, visualizing it moving through space. Once centered, you will perform any activity with more focus, efficiency and grace.

This grace of movement is what we admire when a skilled athlete or dancer performs at their best. And the added focus and efficiency of motion can save the life of a first responder as they take action in a fire or emergency situation. I always *PowerCenter* myself before I deliver every chiropractic adjustment. It creates a healing physiology that improves my technique and results with patients. Its applications are diverse and endless, so give it a try in a variety of situations.

As I applied *PowerCentering* to my exercise routines as well as those of my practice members, it ultimately evolved into an integrated exercise program. It blends the best of Western scientific exercise principles with the more ancient of Eastern movement arts into a fun routine that strengthens and stretches the total body starting with the core. *PowerCentering* improves all physical endeavors and is one of the best ways I know of to maintain consistent physical fitness.

Anyone can do the *Five Steps to PowerCentering* and it is a great compliment to chiropractic wellness care. I've also produced a Basic *PowerCentering* DVD workout program that illustrates a quick, efficient daily exercise routine. The *PowerCentering* program is an excellent way for beginners to motivate themselves towards a fit lifestyle. You can duplicate the results achieved by thousands of ordinary people, athletes, people with disabilities, police, firefighters, chiropractors, medical doctors, teachers, exercise trainers and cosmetologists.

As George Leonard so eloquently concludes, "You can practice centering every time you take a walk, even when you stroll from one room to another in your house. Think of it. Pay close attention to your every step, the swing of your arms, the tilt of your head. You are walking with full awareness of your center as it moves powerfully and effortlessly through space. You are breathing easily into your *hara*. Your shoulders, neck, chest and abdomen are relaxed. Your legs are swinging in perfect counterpoise with your arms. Your hips, too, are engaged in this elemental rhythm, and you are deliciously aware of the soles of your feet blending with the surface beneath them."

The Five Steps to Instant PowerCentering

1 . Focus Your Awareness to Center

Your *PowerCenter* is located 1 to 2 inches below your navel at the center of mass of your body.

2. Breathe to Center

Visualize each breath traveling up and down the midline of your body to your lower abdomen.

3. Stand at Your Tallest Height

Elongate your spine and lengthen your neck, pushing the crown of your head to the sky.

4. Achieve Balance

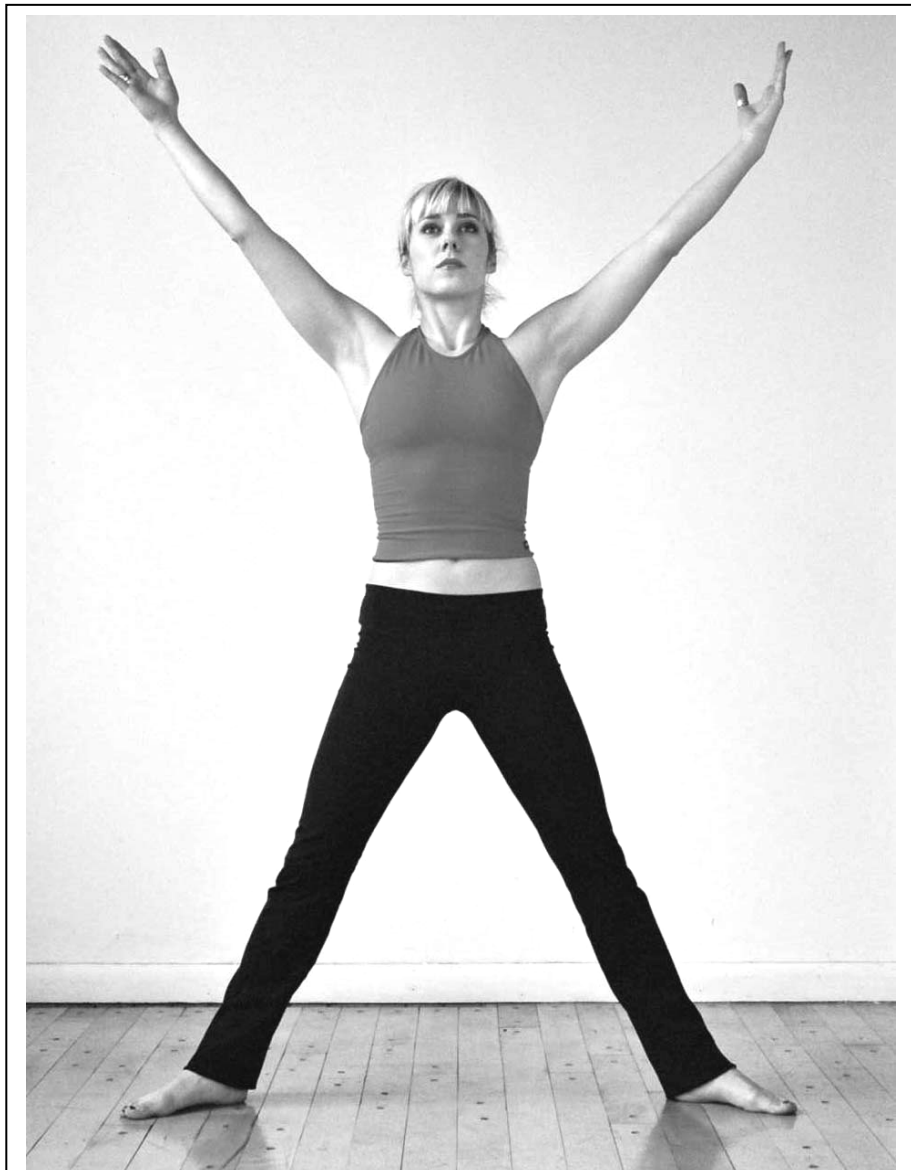
Gently sway back / forth and right / left to feel the balance of your stance and gravity's pull.

5. Move from Center

Let all movement originate at your center. Walk with power and grace from center.

PowerCentering™

Mind Body Fitness for Life



Basic Core Workout Program

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Basic Program Tips

Test your core strength, balance, and agility and score your results.

Follow the instructions for the three evaluation tests that are on the following pages and record your results here.

Date of Evaluation	Core Strength Test Record position #	Balance Test Record seconds	Two Step Test Record reps

Calculate Waist to Hip Ratio

The waist-to-hip ratio is a measurement that compares the circumference of your belly area to that of your hips. It provides a pretty good indication of how much abdominal fat you're storing. If the circumference of your belly is roughly equal to or greater than that of your hips, you're storing too much abdominal fat. It's very easy to figure out. Using a measuring tape, measure the circumference of your waist at belly button level and the circumference of your hips at the level of your hipbones. Now divide the first number by the second. For example, if your waist measures 36 inches and your hips measure 34.5 inches, your waist-to-hip ratio is 1.04.

For women, a waist-to-hip ratio of 0.80 or less is considered healthy. For men, ratios under 0.93 are considered healthy. In one study, men with a waist-to-hip ratio above this threshold were found to have a 2.4 times greater risk of stroke than those below it.

Waist_____inches **divided by Hips**_____inches = **WHRatio**_____

Frequency of workouts – 3x/week minimum or daily warm-up before activity.

Duration of workouts – 10 to 20 minutes, stand alone workout or before strength, speed, sports activities and/or endurance workout.

Intensity of workouts – Alternate workouts between light and heavy perceived exertion.

Exercise order – Can follow order in guide or can mix it up for variety.

Reps – Multiples of 3 (3,6,9,12,15). On lower reps sets move slow and hold the position for a stretch. Higher reps are more pumping and explosive.

Sets – 1 to 3 sets of each. Can do giant set, superset, or each exercise individually.

Gear – Loose or free moving clothing; choose training shoes, socks only or bare foot.

Core Muscle Strength and Stability Test

There are many exercises available for developing strong abs and building core strength, but few methods offered for evaluating that strength. Sports Coach, Brian Mackenzie offers the following Core Muscle Strength and Stability Test as a way to determine your current core strength and gauge your progress over time.

Objective

The objective of the Core Muscle Strength & Stability Test is to monitor the development of the athlete's abdominal and lower back muscles.

Equipment Needed

To undertake this test you will need: Flat surface, Mat, Watch

Conducting the Test – to score, circle to the level you complete

The Core Muscle Strength & Stability Test is conducted as follows:

Position the watch on the ground where you can easily see it

1. Assume the basic plank/hover position (elbows on the ground).
2. Hold this position for 60 seconds
3. Lift your right arm off the ground.
4. Hold this position for 15 seconds
5. Return your right arm to the ground and lift the left arm off the ground.
6. Hold this position for 15 seconds
7. Return your left arm to the ground and lift the right leg off the ground.
8. Hold this position for 15 seconds
9. Return your right leg to the ground and lift the left leg off the ground.
10. Hold this position for 15 seconds
11. Return your left leg to ground and lift your right leg and left arm off the ground.
12. Hold this position for 15 seconds
13. Return your right leg and left arm to the ground and lift your left leg and right arm off the ground.
14. Hold this position for 15 seconds
15. Return to the basic plank position (elbows on the ground).
16. Hold this position for 30 seconds

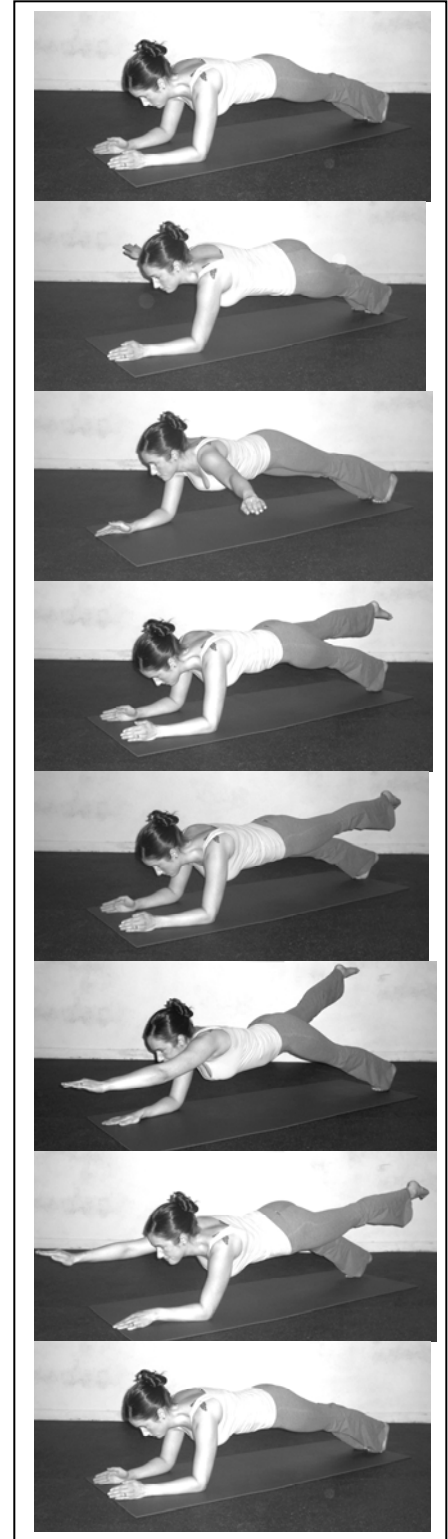
Your score is equal to the number that corresponds to your last completed position (1-16) Your Score = _____

Analysis

Analysis of the result is by comparing it with the results of previous tests. It is expected that, with appropriate training between each test, the analysis would indicate an improvement.

If you were able to complete this test then it indicates you have good core strength. If you are unable to complete the test then repeat the routine 3 or 4 times a week until you can.

If core strength is poor then the torso will move unnecessarily during motion and waste energy. Good core strength indicates that the athlete can move with high efficiency.



Balance test

One legged hood ornament position

To test your balance, stand erect, and then bend forward as you lift and extend the straight leg backward. Hands go straight out to the sides. Hold this position without touching the ground and record how long you can hold it. Holding up to 30 seconds without losing balance is fair, over 30 seconds is good, and if you can continue past 30 seconds and maintain balance while tipping the arms from side to side, like an airplane banking and rolling, you're in the excellent range. Feel the strength and contraction of the butt muscle of the fixed lower extremity as you roll. This also serves as an exercise to strengthen the glutes if done for ten reps on each side



Up to 30 seconds while maintaining balance.



After 30 seconds, start rolling and banking.

Centering in Motion - Two Step Test

The two step is an intermediate exercise that requires balance and coordination. It can be strenuous to the knees so proceed with caution. Start slowly and increase the speed of execution as you focus on your center. Perform this exercise and count how many repetitions you can do without losing balance or agility i.e taking extra steps to maintain balance. Up to 10 reps is fair, 10-25 reps is good and over 25 is in the excellent range.



The two step (tai sabaki) is a martial art movement borrowed from the great Japanese martial art of Aikido. It is used to both test and develop balance and centering ability while in motion.

Start the exercise in a ready balanced action position with the right foot forward, focusing your gaze to the floor directly in front of you.



Spin quickly on the right foot as you bring your left foot forward and plant it for the first step.

Continue spinning on the left foot as you bring the right foot behind you and plant it for the second step. Reverse the steps to repeat the movement for repetitions.



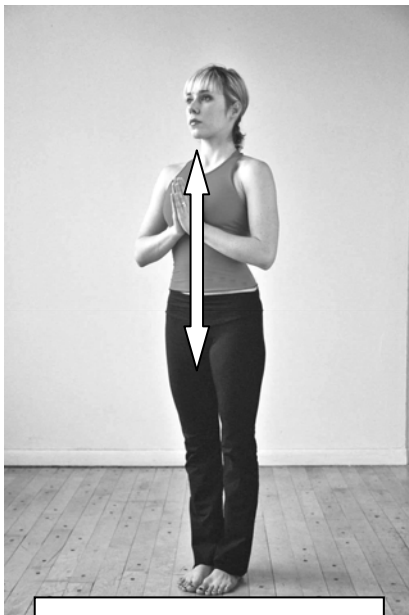
The exercise is performed as a dance step with a little hop in the middle. Notice you start with your right toe forward facing one way and end up with left toe forward facing the opposite direction.

Try to maintain balance and only take TWO steps, rotating your feet so they face in the correct direction. As you dance back and forth, visualize a martial artist's balanced twirling.

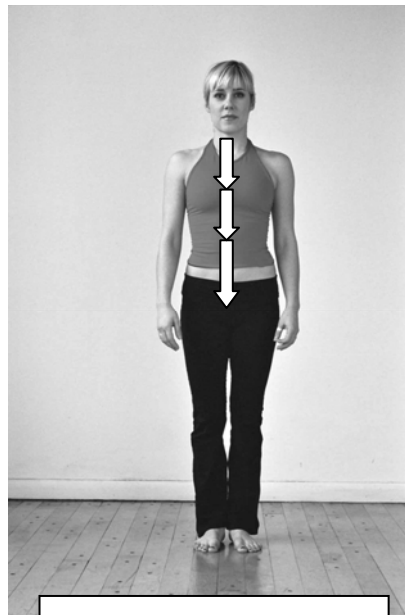
Breathe... You Are Alive!!!

Three basic breathing techniques

- **Yoga breath** – Inhale through your nostrils and let the breath flow down the central channel of your torso to your PowerCenter, extending the lower abdomen on full inhalation. As you exhale, the breath arises up the central channel and leaves via the nostrils or mouth. You can make a faint snoring or ZZZZ sound as the exhaled breath passes through the back of your throat. Visualize the breath as a vibrant gold or purple on inhalation bringing in sweet air and Chi energy, while on exhalation, visualize dark gray, musty toxic air being expelled. This breath will help you find center when holding a position or posture for an extended time.
- **Triple Warmer** – A three stage breath, upon inhalation, 1) fill the upper chest first, then 2) fill the solar plexus/upper abdomen next and finally, 3) fill the lower abdomen/PowerCenter. Follow the inhalation with a short holding of your breath and then exhale in reverse order slowly. Begin this technique at a slow breathing pace, but with experience, you can quicken the pace of breathing. Use caution, doing it too fast can create vertigo and dizziness.
- **The Circle Breath a.k.a. the Aura Boras** – Be careful with this breathing technique as it is very powerful. Start by keeping your tongue touching the roof of your mouth at all times to complete the circuit. The orbit starts with you visualizing inhalation coming into your body thru the PowerCenter. The breath works its way up the tailbone and into the posterior spinal channel of the body. The inhalation continues into the crown of the head and into the third eye. Upon exhalation, imagine a waterfall of energy cascading down from the third eye thru the front channel of the body (the charkras) down into the cauldron of the PowerCenter. Here the energy can be stored for future use. Keep the breath moving and do not allow it to become stagnant at any one spot in the cycle. The Aura Boras is best done when in a still state when centering or meditating.



Yoga Breath



Triple Warmer



Circle Breath

Quick Start Five Minute Energize and Stretch

Use the Quick Start Five Minute Energize and Stretch at any time during your day to develop your mind and body for relaxed energy and top performance. Also start all exercise and physical activities with this total body warm up.

1. 5 Step Centering Exercise

Focus Your Awareness to Center

Your *PowerCenter* is located 1 to 2 inches below your navel at the center of mass of your body.

Breathe to Center

Visualize each breath traveling up and down the midline of your body to your lower abdomen.

Stand at Your Tallest Height

Elongate your spine and lengthen your neck, pushing the crown of your head to the sky.

Achieve Balance

Gently sway back / forth and right / left to feel the balance of your stance and gravity's pull.

Move from Center

Let all movement originate at your center. To activate, pull navel to spine and squeeze glutes.

2. Shake Out

Start by shaking out the hands and then shake from center, releasing stress and tension.

3. Bang the Gong

Shoulder width stance. Rotate upper body from center (10 to 2 o'clock) while swinging arms.

4. Spinal Cord Breathing

Breathe out and form C-spine (fetal position), breathe in and lift head up, arch and squeeze back.

5. Swim Like a Fish

Bend forward, hands on knees, traction spine and move spine like a fish swimming side to side.

6. Shoulder Squeeze and Roll

Clasp hands behind back and squeeze shoulder blades back and down, then roll shoulders

Basic 15 Minute Program

This program is perfect for the busy individual. While short in duration, it is long on benefits and makes for a fantastic 10 to 15 minute daily maintenance workout that gets results.

Warm up

- Centering Exercise
- Basic Positions with Breathing and Visualization
- Bang the Gong

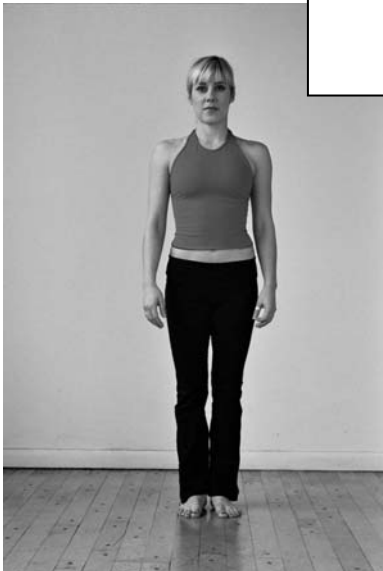
The PowerCentering Top Six Core Exercises

- The Horse Squat
- Extending Sword
- SuperHero
- AB Press
- Spread Eagle Walkout
- IronCross

Cool Down

- The Dog and Cat
- Chi Kung Air Guitar

Basic Positions And Visualizations



Mountain
*Tall strong and
Immovable!*



Prayer
*Like a
beautiful
statue.*

**Practice the Five
Instant Steps to
PowerCentering
while holding these
athletic poses and
exhilarating
positions!**



Cliff
*Stand at the
edge and
feel the
wind!*



Tower
*Suspended
between
Heaven and
Earth.*

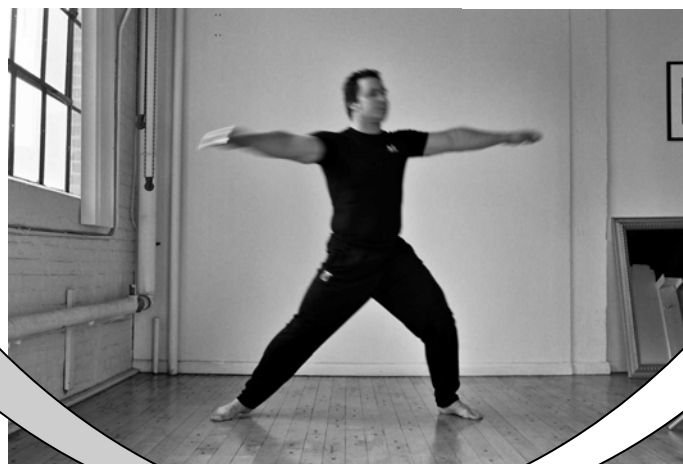
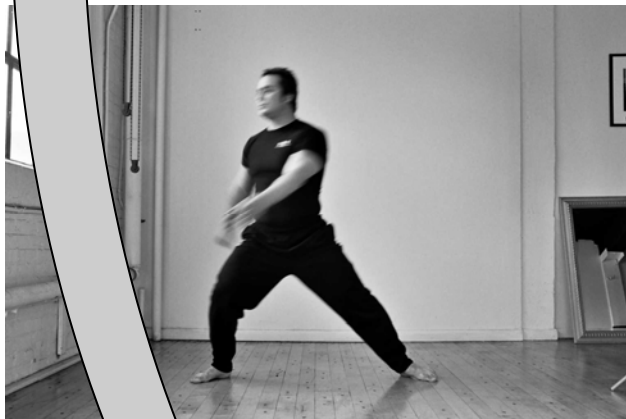


Volcano
*Energy flows
from the Earth
up, like an
eruption.*



Star
*Expand in all
directions
with the
universe!*

Bang the Gong



- Head turns from 10 o'clock to 2 o'clock
- Arms flap loosely and hit sides
- Shift weight from knee to knee
- Swing gently but sharply
- Synchronize breath with arm flap

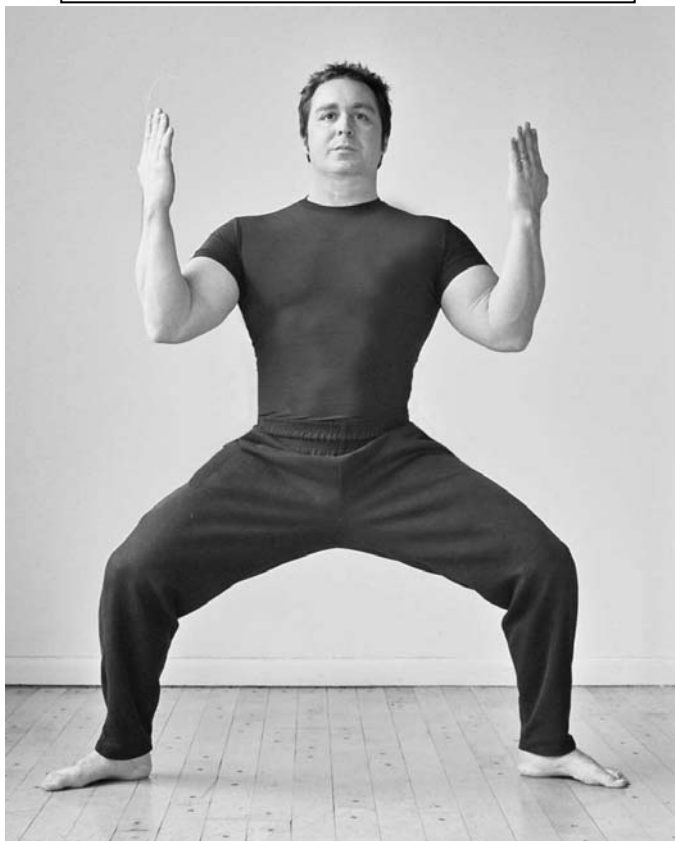
Star Position



- *Squeeze thighs and buns*
- *Expand arms and hands*
- *Elongate spine*
- *Squat into horse*

Horse Stance and Squat

Horse Stance



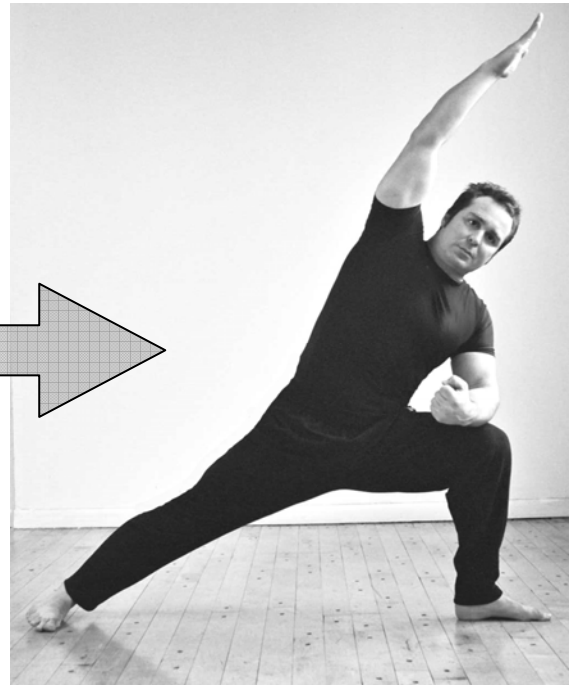
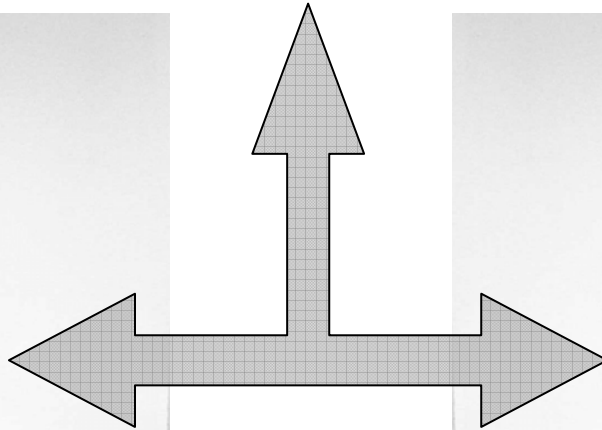
- *Spine straight and erect*
- *Tuck your "tail"*
- *Knee over ankle*
- *Expand groin by pushing knees out*
- *Bend elbows*

R
E
P
S

Extending the Sides



- Expand in Star Position
- Keep stance wide
- Turn feet as you lunge



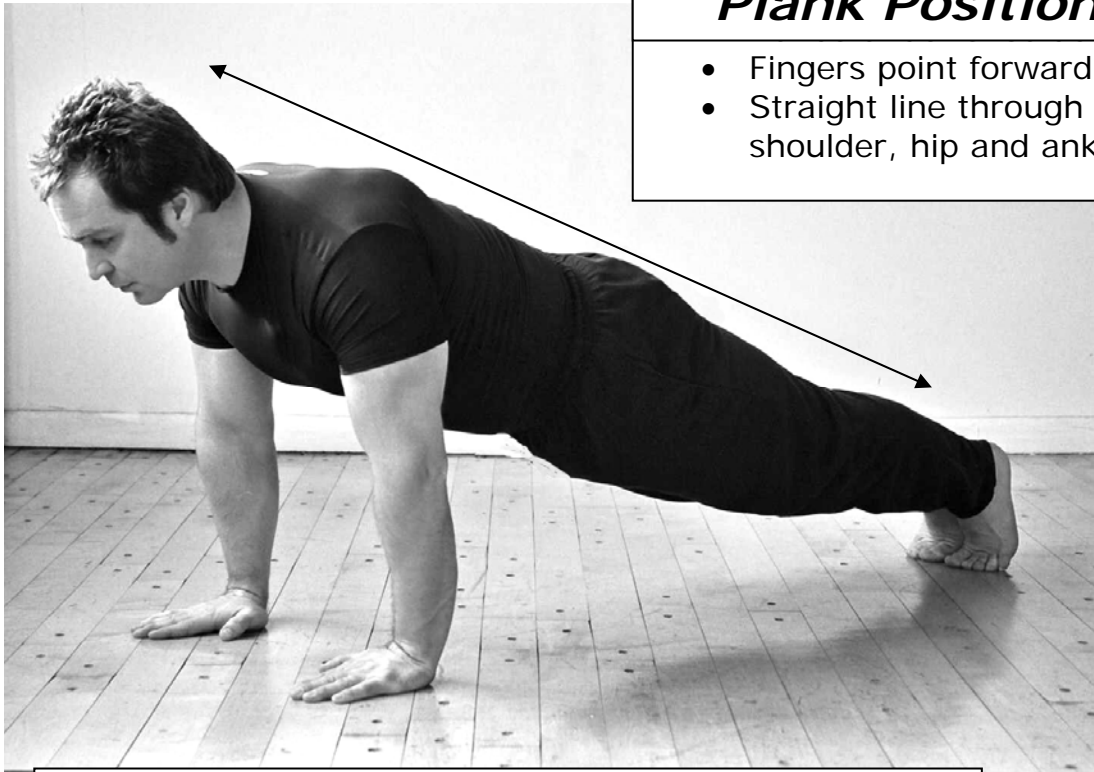
- Knee over ankle, elbow behind kneecap
- Feel groin stretch
- Lengthen torso and ribs
- Keep shoulder away from earlobe

SuperHero



- Start on hands and knees
- Extend straight leg first
- Lift opposite hand
- Focus and breathe to center
- Repeat opposite side





Plank Position

- Fingers point forward
- Straight line through ear, shoulder, hip and ankle

The AbPress



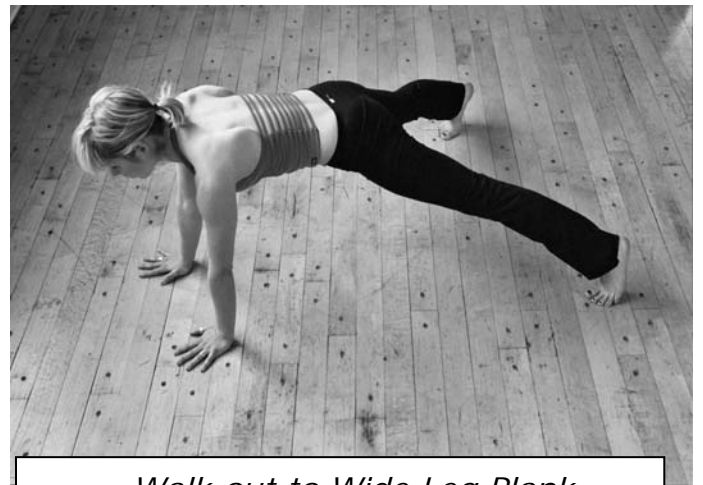
Down Dog

- *Lift tail to ceiling*
- *Back flat, knees soft*
- *Pull navel to spine*
- *Push palms into ground*
- *Breathe out on way up*

Spread Eagle Walkout



- *Start in Wide Leg Down Dog*



- *Walk out to Wide Leg Plank*



IronCross Series



Plank Position

- *Start in plank*
- *Hands under shoulders*
- *Knees together*



- *Lift one arm*
- *Turn toes to that side*
- *Straight from neck to ankles*
- *Elongate arm to sky, then across body*
- *Do alternating reps to sides*
- *Stretch only as far as is comfortable*



The Cat and Dog Series



Table Position

- *Back flat*
- *Breathe to center*
- *Hands under shoulders*
- *Knees under hips*

Dog Position

- *Extend spine into U- shape*
- *Don't over-arch*
- *Wag your tail*



Cat Position

- *Pull navel to spine*
- *Push spine to ceiling*
- *Form upside down U*



Kneeling Prayer Position

- *Sit back on heels*
- *Don't jam knees*
- *Continue to pull navel to spine*



Chi Kung Air Guitar



- *Crank the music!*
- *Shake it loose!*
- *Feel fun and free in your movements!*
- *Dance aerobically*



Basic PowerCentering

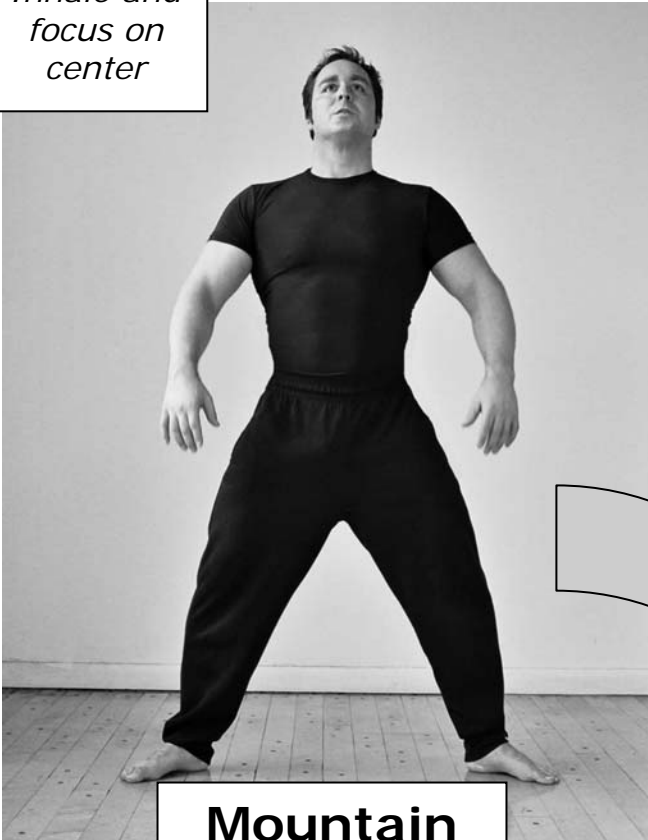
More Exercise Selections



Try these exercises and integrate them into your basic routine to challenge yourself by adding variety and lengthening your workout for up to 30 to 45 minutes.

Tiger Squat

*Inhale and
focus on
center*



Mountain

Lift arms as light as feathers



Horse

- *Sink slowly into squat*
- *Keep upper body straight*
- *Exhale and **roar!***
- *Keep tail tucked under*
- *Knees over ankles*
- *Press knees out to stretch groin*

PowerSweep



- *Arms extended overhead*
- *Slowly sink into power pose*
- *Knees over toes*
- *Straight from tail to fingers*
- *Sweep through to extension*

Powerful Pose



Power Extension

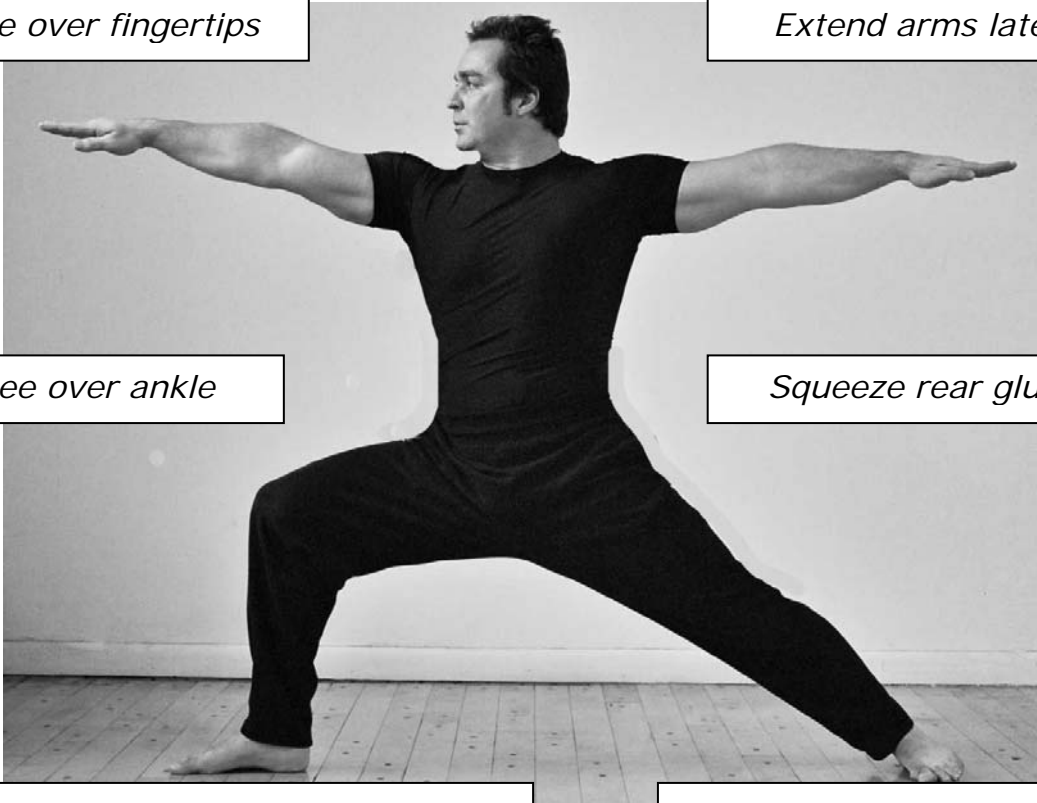


- *Sweep arms back gracefully*
- *Keep knees over toes*
- *Feel shift of center during movement forward and backward.*

Warrior Series

Gaze over fingertips

Extend arms laterally

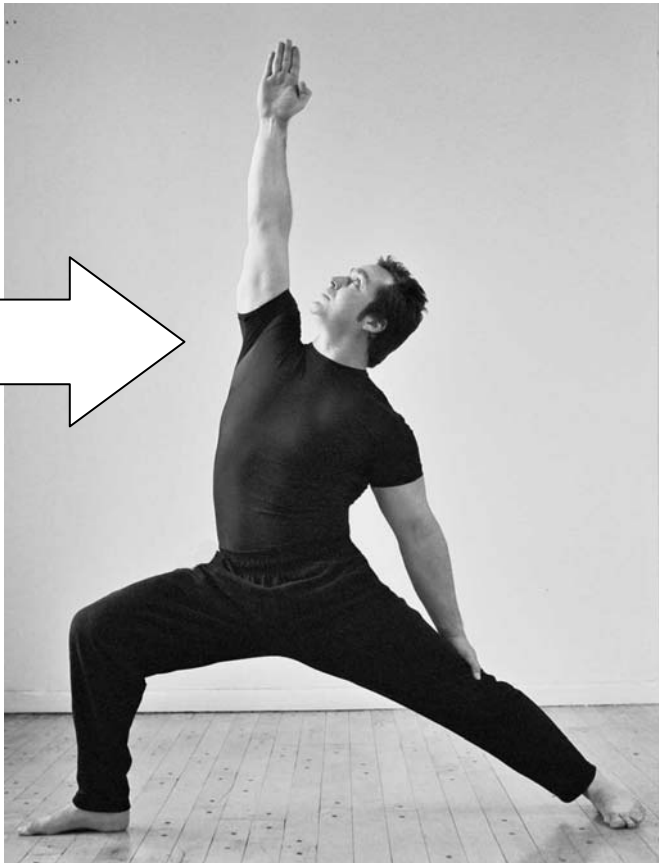


Knee over ankle

Squeeze rear glute

Extend the sword

Raise the sword



Triangle Posture



- *Place hand on thigh, leg or ankle*
- *Reach comfortably to sky*
- *Elongate spine and waist*
- *Carefully rotate head up*
- *Spread shoulders*
- *Knee is straight yet soft*



More Advanced

- *Palm to floor*
- *Breathe into triangle*
- *Head gazes up to hand*
- *Keep chest open*
- *Rotate top hip back*

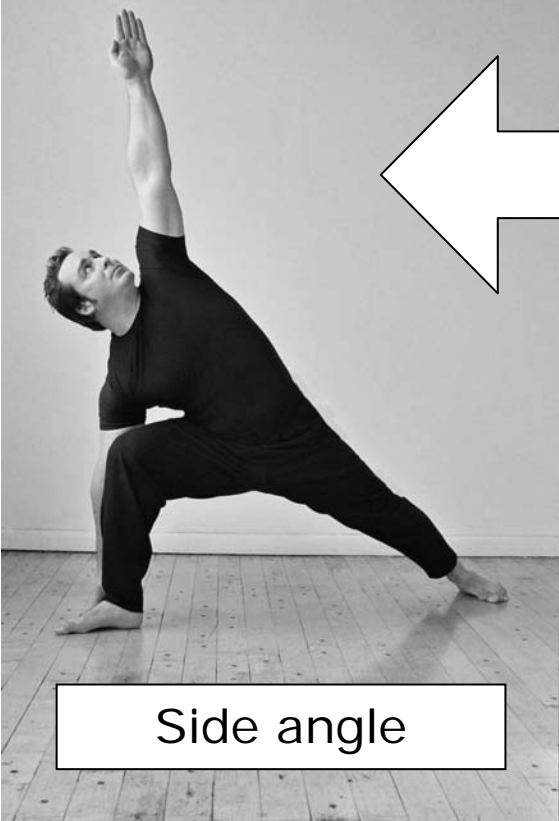
Lunge Position with Spinal Spirals



- *Fingers in line with toes*
- *Chest up and forward*
- *OK to bend rear knee*

- *Extend arm upward*
- *Press palm to floor*
- *Feel stretch in groin & side*

- *Twist only to your limit*
- *Press palm to floor*
- *Gaze upward*



Side angle



Spinal Spiral

Exalted Warrior Series



Lunge Position

- *Knee over ankle*
- *Rear leg can bend*
- *Lift chest and head*



The Lizard

- *Bring arm inside leg*
- *Lower bent elbow to floor*
- *Breathe into forward hip*

Exalted Warrior

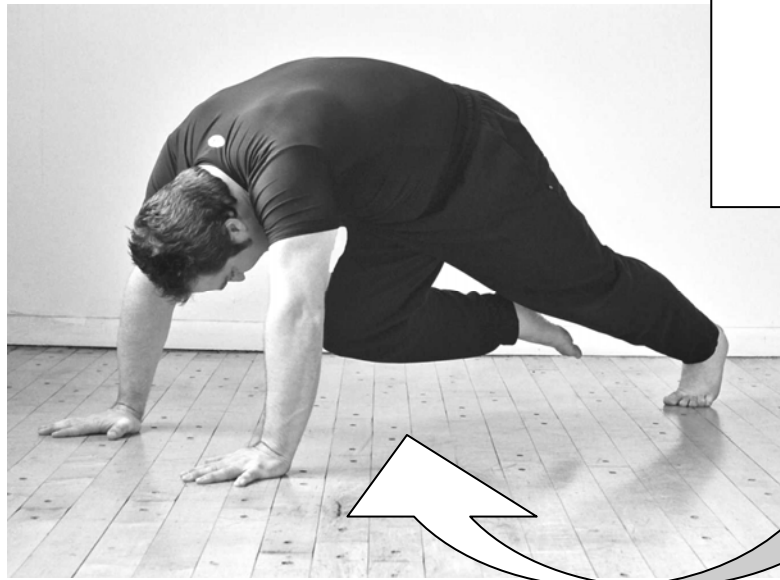
- *Squeeze rear glute*
- *Open both hips*
- *Arch spine without jamming*



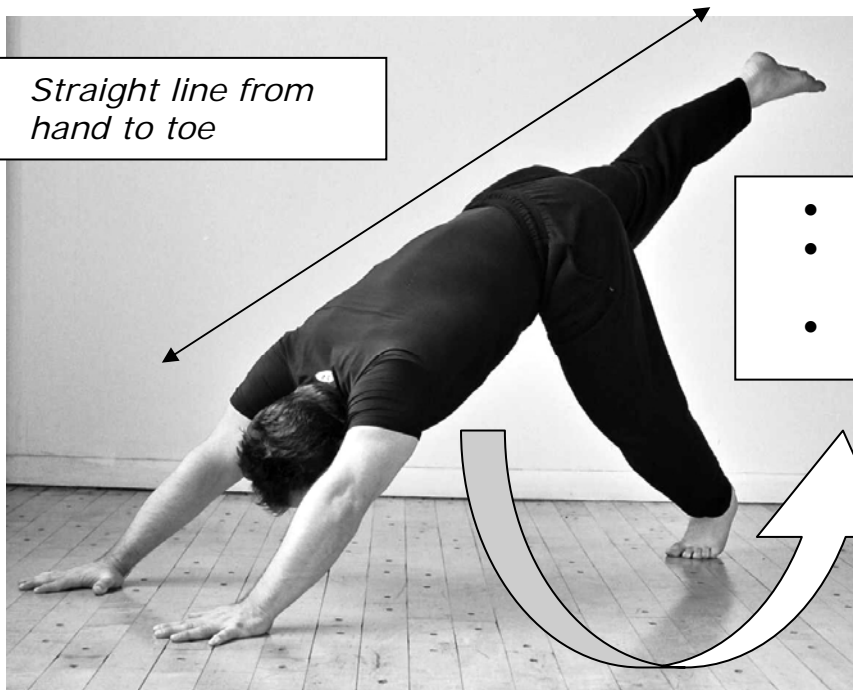
Sprinter's Power Pump



- *Start in DownDog*



- *Pull knee to chest*
- *Pull navel to spine*
- *Chin to chest*
- *Breathe out*



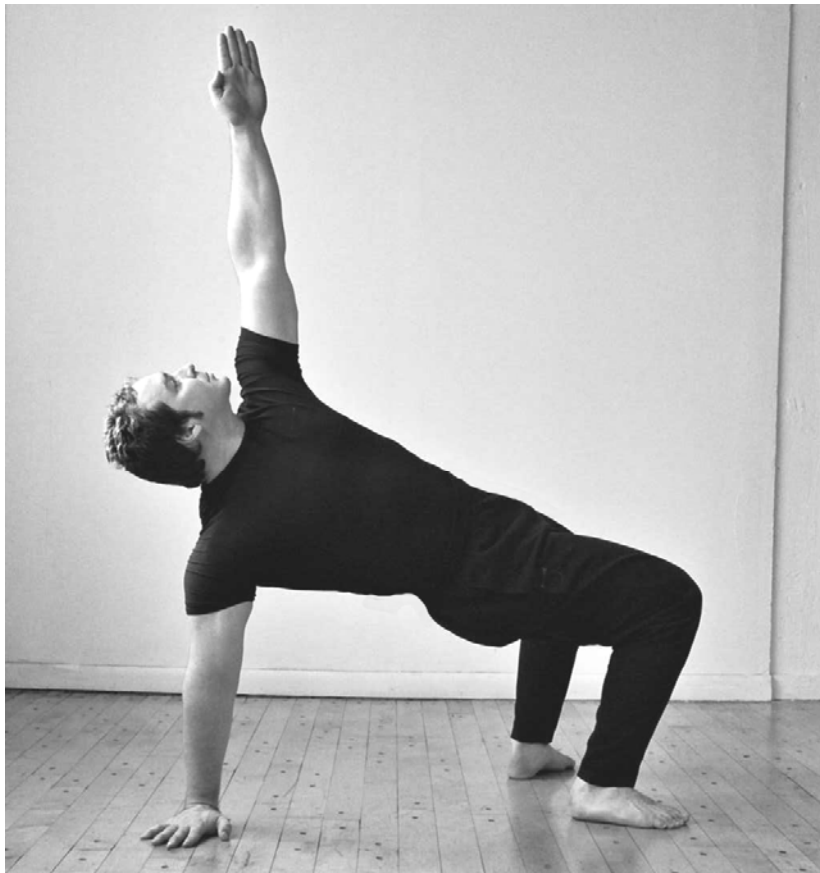
- *Straight line from hand to toe*

- *Squeeze glute*
- *Press palms to floor*
- *Breathe in*

Bridge with Arm-raise



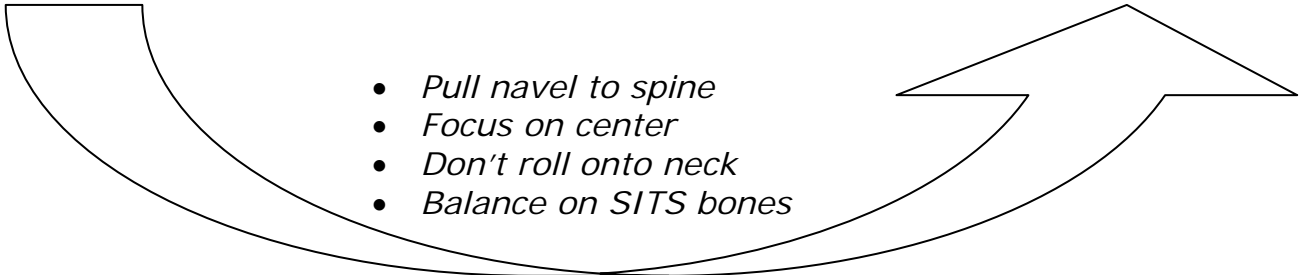
- *Press palms and heels into floor*
- *Raise pelvis skyward*
- *Squeeze glutes and shoulder blades*



- *Lift arm to sky*
- *Press down palm and heels into floor*
- *Lift pelvis to sky*
- *Don't jam spine*

Rolling Like a Ball

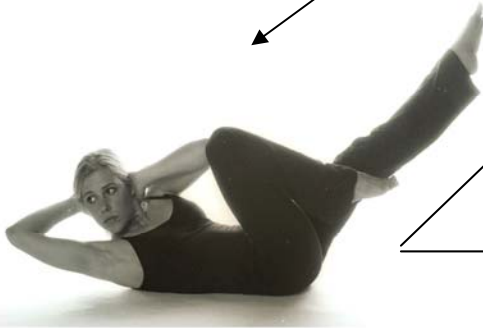
Hold and balance here for three count



- Pull navel to spine
- Focus on center
- Don't roll onto neck
- Balance on SITS bones

Knee to Chest

Back flat, navel to spine



Maintain 45 degree hip angle



Criss Cross – Touch elbow to knee

Single Leg Stretch – Pull knee to chest



The Tarantula

- Chin up
- Back flat

Crawl forward slowly like a spider



- *Extend arm and bend knee with each step*
- *Bring chest and hips close to ground*

Navy SEAL Push-ups

- *Start in DownDog*
- *Bend elbows to scoop under a bar*
- *Keep elbows to side pointing rearward*
- *Dro phead and then hips to floor*
- *Rise up into UpwardDog*
- *Don't jam spine*
- *Hold, then reverse direction*
- *Lift tail bone to sky*



Yoga Push-up to Scorpion

Rear Leg Lift

- *Start with rear leg lift*
- *Keep hips level*
- *Knee straight yet soft*



Easy Push Up

- *Keep elbows in to sides and bend*
- *Lift straight leg to sky*
- *Squeeze glute muscle*



Scorpion

- *Bend knee and lift to sky*
- *Do not jam low back*
- *Point toe forward*
- *Reverse movement by pressing elbows straight and straightening knee simultaneously*



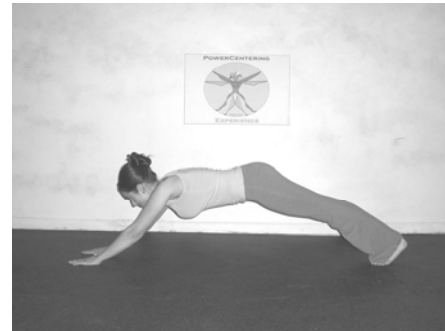
The Inchworm

This intermediate core exercise works every muscle in the body.

After you are warmed up, perform a forward bend with hands touching the floor (it's OK to have bent knees). Slowly walk out the hands forward and raise your head (this position resembles Superman flying). Hold for three count. Slowly walk your feet forward until you reach the forward bend position, being sure to scoop your navel towards the spine throughout the move. Hold the forward bend for a three count and then repeat the sequence in reverse walking the feet then the hands backwards. Perform as many reps as you feel comfortable, literally "inching" forward and backward like an inchworm!

You can also perform the repetitions by walking the hands forward, then the feet forward, then the hands, then the feet, etc. propelling yourself forward across the floor. Then reverse the move by walking the hands and feet backwards, propelling yourself in a rearward direction across the floor.

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Tips on Creating a PowerCentering Experience

Creating atmosphere and mood

- Be in a warm room or outside with sure grip footing, good air circulation, comfortable mats or blankets, mood lighting or sunlight.
- Provide space for individual and group movement.
- Allot space for individual and group energy fields and circulation.

Musical choices

- Compile your own exercise CDs, burn your own CDs or use iTunes and iPod.
- Select meditative, rock and roll, jazzy, hypnotic and rhythmic.
- Entrain and time to the beats and pace of the music.
- Avoid too many songs with prominent lyrics.

Guiding a centering process

- ALWAYS start with the centering exercise.
- Five Steps of PowerCentering- Aware, Breathe, Stand Tall, Balance, Move.
- Try Five Steps with different positions and postures.
- Practice stationary and moving centering.

Utilize visualizations, metaphors and anchors

- Visualize energy flow (Chi energy) and its movement (ball of chi, cauldron of chi).
- Use nature cues (rooting like a tree, moving like an animal).
- Use athletic cues (baseball swing, mountain climbing, skiing).
- Relate exercise to movements you already know.

Choice of appropriate exercise and movement techniques

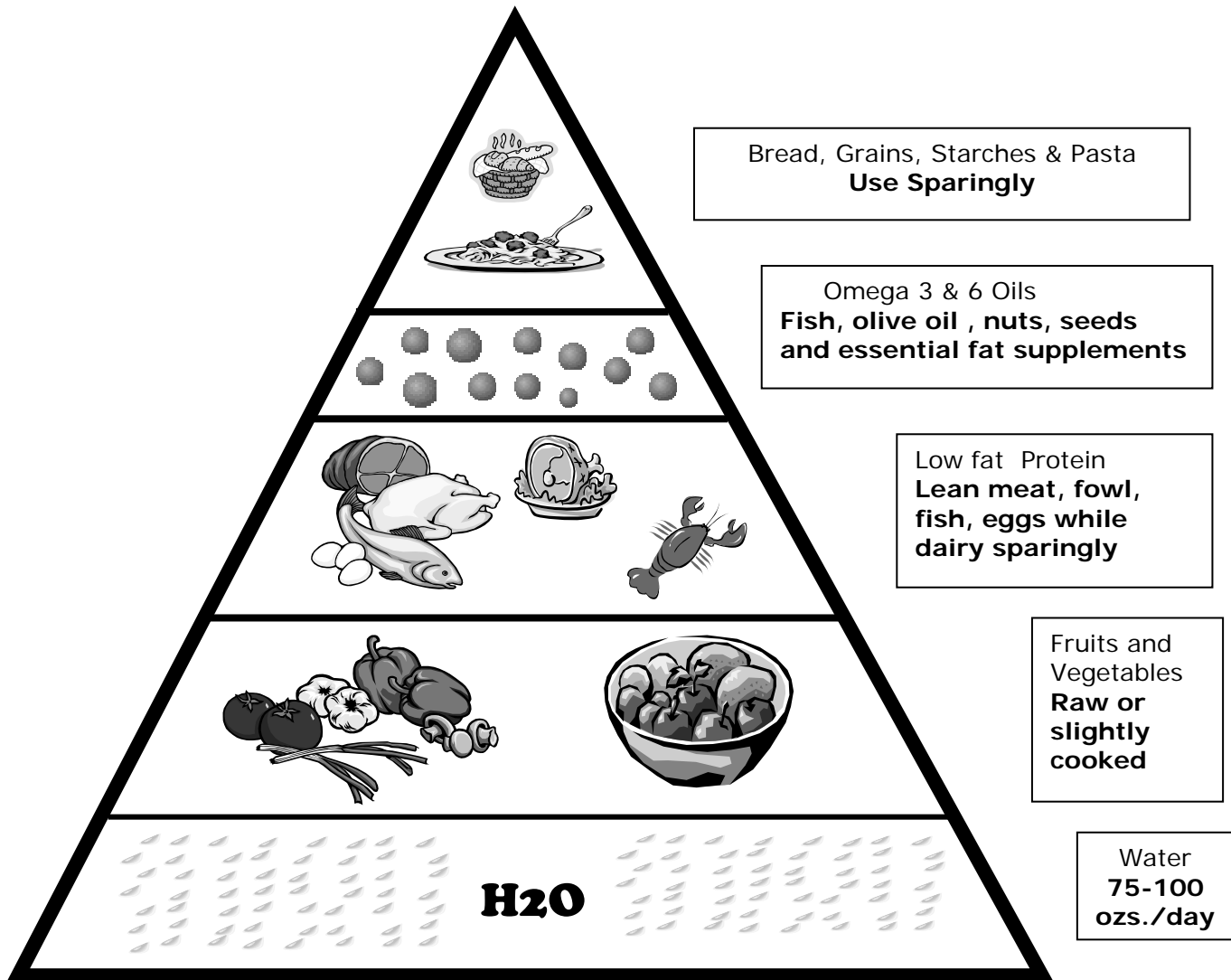
- Obviously base choices on age, level of experience and interests.
- Gentle movement & dance (i.e. tai chi and easy yoga for seniors)
- Strenuous exercise & calisthenics (i.e. Navy SEAL for police and firemen)
- Exercise choice varies dependent on location (i.e. home, office, outdoors).

Orchestration of session

- Utilize interval training
- Start easy and build intensity, alternating periods of light and heavy exertion.
- Be cautious of your wrists and hips as limiting anatomical factors and shake them out if they get too sore.
- Know your limitations and don't get hurt!
- Most of all, be attuned to your inner guiding voice and perform the movements from within using the best form on the exercises that you can accomplish.

Natural Nutrition Pyramid and Tips

This quick reference nutritional guide will serve as a visual model to help you make better food choices that will enhance your PowerCentering experience and help you attain peak performance.



More Natural Nutrition Tips

- Drink only water, green tea or fresh made water-down juices.
- Choose natural whole foods and avoid processed industrial products.
- Eat breakfast like a king, lunch like a prince and dinner like a pauper.
- Choose fresh fibrous raw or slightly cooked fruits and vegetables.
- A typical protein serving is about the size and thickness of the palm of your hand.
- Omega 3 fats are essential nutrients for your nerves, thus it is the most important supplement. Try heavy metal free fish oil or omega 3 gel capsules.
- Eat animal and dairy fat sparingly.
- Raw nuts, seeds and dried fruit mixes make for a great snack between meals.
- Take a good quality vitamin mineral supplement.
- Calories should be divided between 30% fats, 30% protein and 40% carbs.
- Use alcohol and condiments sparingly, spices are OK.

Recommended Reading List

I wish to thank these authors and mentors for inspiring me to follow a PowerCentering lifestyle. I hope these books further your education in the PowerCentering principles

- Complete Stretching by Maxine Tobias and Patrick Sullivan
- Yoga by Rodney Yee
- Optimal Muscle Training by Ken Kinakin D.C.
- Forever Young by Bill Frank
- Power by Frederick Hatfield
- Taking Your Back to the Future by W. Michael Gazdar D.C.
- Chiropractic First by Terry Rondberg D.C.
- Peace is Every Step by Thich Nhat Hanh
- Omega Zone by Barry Sears Ph.D.
- Protein Power by Michael R. Eades, M.D. and Mary Dan Eades, M.D.
- Body for Life by Bill Phillips and Michael D'Orso
- Getting Stronger by Bill Pearl
- Keys to the Inner Universe by Bill Pearl and Leroy R. Perry Jr. D.C.
- Arnold's Encyclopedia of Bodybuilding by Arnold Schwarzenegger
- Who Will Cry When You Die? by Robin Sharma
- Chi, The Power Within by Geoff Pike & Phyllis Pike
- *In Search of the Warrior Spirit* by Richard Strozzi-Heckler
- *The Official United States Navy Seal Workout* by Andrew Flach
- *The Art of Peace* by Morihei Ueshiba
- Budo: The Teachings of Morihei Ueshiba by Morihei Ueshiba
- Thinking Body, Dancing Mind by Chung Liang, Al Hiuang & Jerry Lynch
- Tai Chi Secrets of the Ancient Masters by Dr. Yang & Jwing-Ming
- The Way of Aikido by George Leonard
- The Ultimate Athlete by George Leonard
- Mastery by George Leonard
- The Tae Bo Way by Billy Blanks
- Chinese Exercises & Massage by Dahong Zhuo, M.D., Lade and J.Wong
- Molecules of Emotion by Candice B. Pert Ph.D.
- Ageless Body, Timeless Mind by Deepok Chopra M.D.



Dr. Peter A. Gratale is a human performance specialist, committed to empowering people of all ages to achieve their highest inborn potential for optimal health and quality of life. His philosophy of natural healing, wellness development and peak performance is transforming the lives of the people he touches through his revolutionary program ***PowerCentering***.

Peter A. Gratale, D.C., C.S.C.S.; Healer, author, teacher, fitness authority and leader in the wellness revolution, an electric and captivating speaker, Dr. Peter A. Gratale has the ability to connect with any audience as though speaking to them one-on-one. His topics of health, wellness and fitness have been improving peoples' lives for almost 20 years.

Dr. Gratale is the founder and director of **Natural Healing Chiropractic** in Teaneck, New Jersey, a chiropractic health care practice begun in 1986. He and his wife, Lisa, a certified Pilates Instructor, co-own **Studio 'energy'**, a training facility specializing in Authentic Pilates and PowerCentering Core Training. After receiving his Bachelor of Science in Biochemistry from Upsala College, he graduated from New York Chiropractic College with his Doctor of Chiropractic Degree. Dr. Gratale is a post graduate educator affiliated with Parker Chiropractic College, Life Chiropractic University and Cleveland Chiropractic College. He also serves as Director of the Chiropractic Exercise Unit at Preakness Healthcare Center, a long term care facility.

Dr. Gratale is also known to America as "**Dr. Pete**" from ESPN's popular TV fitness show, ***Bodyshaping***, where, for the last decade, he has instructed the public on health, fitness and exercise. He is a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association and a creator of "Straighten Up America" a spinal hygiene and exercise initiative of the Congress of Chiropractic State Associations. In 1999, Dr. Pete was named the International Chiropractors Association's Outstanding Sports and Fitness Chiropractor of the Year.

Now Dr. Pete Gratale has taken human performance and wellness to a new level with the ***PowerCentering Experience***, an integrated program that *trims your body, clears your mind and moves your spirit!* More than a simple workout regimen, *PowerCentering* is a revolutionary lifestyle that is transforming the lives of people all across America.

"Being involved in health and fitness since the age of twelve, it is my greatest joy to help people of all ages improve their lives and reach their potential as human beings. I invite you to contact me to see how I can help you live life with more energy, joy and vibrancy!" Dr. Pete

For more information on the PowerCentering Lifestyle

www.PowerCentering.com

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