

## **Tight or Slack muscles? can put your Body out of ‘Wack’ or ‘balance’ By Graham Healy**

### **Tonic muscles**

*Have a natural tendency* to be short, tight, and over dominant in movement patterns

### **Phasic Muscles**

*Have a natural tendency* to be long, over stretched, under activated, atrophied and weak

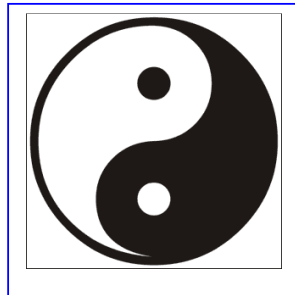
### **Bottom Line**

Balancing the Body in synergistic Exercise & stretching, patterns is the simple solution

Yep you guessed it the good old ‘yin and yang’ principle

‘gee I thought you were going to tell me something new?’

‘nope! just re-enforcing the fact that there is nothing new, just re-discovered’



In the Diagrams below we indicate the Tonic muscles (muscles that get short, tight and over dominant) and the Phasic muscles (muscles that have a tendency to be long stretched, and under activated

Or I just think of it at

**Tonic = Tight & Grabbing**

**Phasic = Slack & Sloppy**

Below we have the front and back profiles of the human anatomy

I will point out and highlight the **TONIC & PHASIC** muscle groups

Firstly let me list them below and then you can ‘see’ them

And understand how this all ‘comes together’ for ‘synergistic’ training methods used by Healy’s Health and fitness and how it effects lower back pain and health with balance and strength in the ‘core’ as well as the other sections of the body

### **Tonic Trunk Muscles**

- Cervical + Lumber Erectors (Back & Neck)
- Pectoralis Major & Minor (Chest muscle)
- upper Trapezius (base of Shoulders/Neck)

### **Tonic Pelvic Muscles**

- Hamstrings** (back of legs)
- Iliopsoas**

(see martial arts stretching this muscle attaches to the lower 5 vertebrae of lower back/spine(both sides) and insert (travelling under the intestines/Gut ) to insert in the femur or upper leg bone

**NB: Critical for lower back pain sufferers**

**(see martial arts stretching + page on lower back pain)**

- Adductors(Pull the legs inwards)
  - Tensor Fascia Latae** (Side of leg near hip)
  - Piriformis** (under the backside/Glutes attaches to tail bone to hip)
  - Rectus femoris** (Quad or front of leg)
- These muscles have a tendency to be  
TIGHT & GRABBING (Tonic)

**Phasic Trunk Muscles**

**-Thoracic Erectors** (Back muscles mid back)

**-Rectus Adominus** (Abdominals)

**-External Obliques**

(trunk/ab muscle the enables you to twist from side to side)

**-Lower Trapezius**

(when you 'shrug' your shoulders u use the 'traps')

(attaches along most of the spine and inserts in shoulder blade and collar bone)

**Serratus Anterior**

(rotates shoulder blade)

(attaches back of ribs to shoulder blade)

**Phasic Pelvic Muscles**

**-Vastus Medialis**

(one of the inside leg quadriceps muscle)

(Extends the leg at knee)

**-Gluteus Medius**

(backside/butt muscles )

Moves Leg outwards

**-Gluteal Minimius**

(backside/butt muscles )

**-Gluteus Maximus**

Moves leg outwards

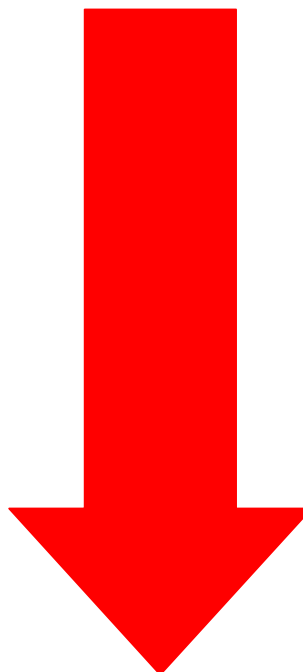
(backside/butt muscles )

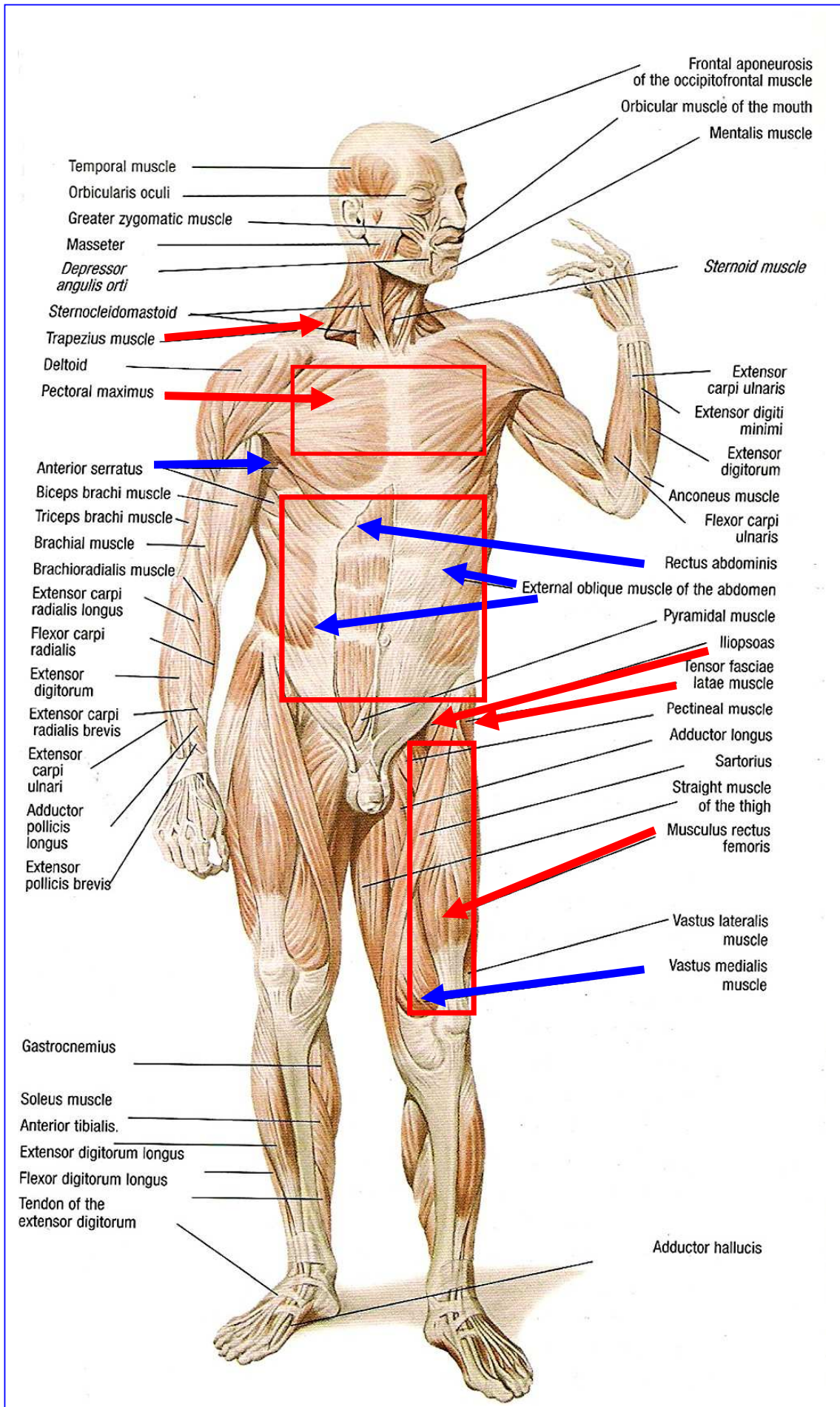
Extends Leg backwards

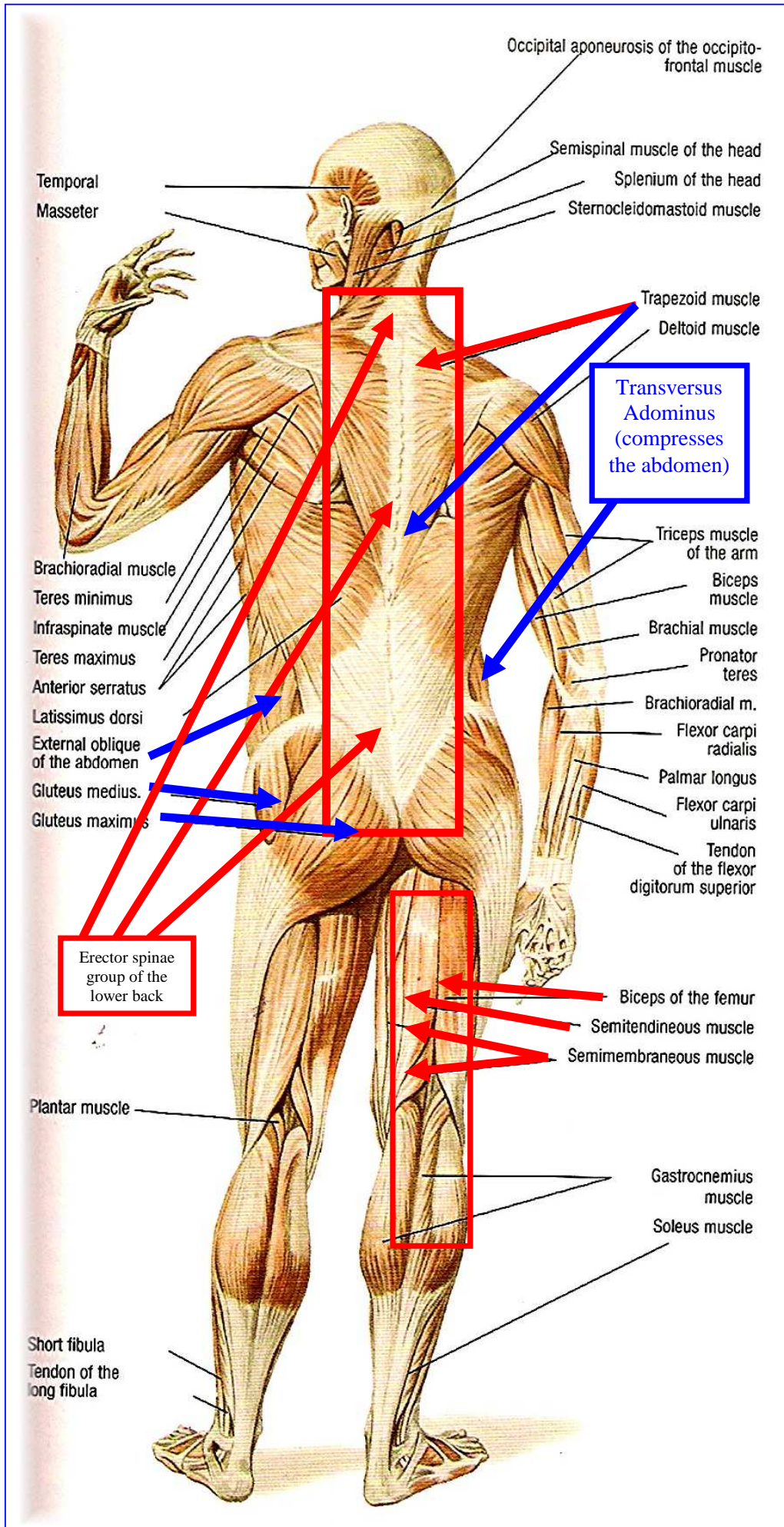
**-Transversus Abdominus**

(Compresses the abdomen)

**Now look at the Human Anatomy Charts below  
and see the above 'hot spots' marked in  
'red borders' and 'arrows'**









=Phasic Muscles (Slack & Sloppy)



=Tonic muscles (Tight & Grabbing)

Now can you see the (Tonic verses the Phasic) picture forming ,  
or the naturally (Tight & Grabbing v's the Slack and Sloppy)

## PUTTING IT ALTOGETHER (The Healy's methodology)

Almost 30 years ago now , before Pilates was popular, before people were falling off  
swiss balls , before the word 'core strength' was a 'catch word'  
Graham Healy was doing the 'hard yards' as a professional Martial Arts Instructor  
with a 'Nautilus fitness centre'.

After addressing lower back and 'imbalance' issues ,from extreme martial arts  
training, Olympic weightlifting (Competitor 1976) , boxing and general weights  
training comes over 30 years of tried and tested methodology.

### REMEMBER

There is nothing new in the exercise Industry , simply re-discovered.

## THE SOLUTION

When you study the above Human anatomy charts and you compare the  
Tonic (or Tight and Grabbing muscles)



and the Phasic (Slack and Sloppy)



You can easily see the 'imbalance' areas of the Body .  
Is this all a 'new discovery' ?  
Nope , nothing new that I can recall in the last 30 years .

Thousands of Female Clients always want to  
Tighten the 'Hips ,Butt & Thighs'  
And the Guys want to tighten the Abs/Chest  
This may be an oversimplification but the reality is that it all boils down to  
'Synergistic Training' or balanced training .

## THE HEALY'S METHODOLOGY

(1)

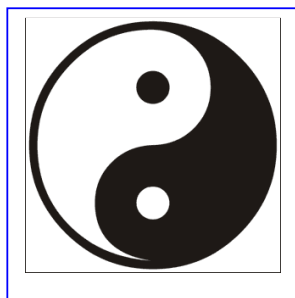
**Lower Back Problems = 80% of the Population**

Root cause (apart from sitting in front of a computer all day)  
is hamstring weakness and as a result compounding the problem up the  
spinal column  
**The Solution?**

=

Healy's martial arts stretching Class + Personal training of stretching and  
strengthening these problem areas in a 'balanced way'

**The Yin & Yang Solution  
to postural imbalances**



The Healy's exercise system is already balanced out to take into account all  
of the above  
for example :

**Martial Arts Stretching**

covers

**ALL OF THE PROBLEM AREAS**

(Lower back/Adductors/Quads/hamstrings)

**Martial Arts Training and Kick Boxing basic techniques**

Covers the 'so called CORE Strength Issues' Abs/Lower Back

**Boxing training**

'Core strength' Abs/and associate muscle groups/back of shoulders/lower  
traps etc

**Balanced weights training**

overall body work outs 'balance out' the body's imbalances



If you have any of the above issues please contact  
Graham Healy Mobile 0411 393 503  
Email [healyshealthandfitness@hotmail.com](mailto:healyshealthandfitness@hotmail.com)  
or do further research on this web site  
[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)