

The L Sit. Do it most days!

Whilst everyone likes a rippling physique, there are exercises that are simply good for you, sometimes, for reasons that are not immediately obvious.

The L sit can have an impact on your stress levels. It was recently established that there is a connection between your core, your brain, your adrenal glands and thus the release of the stress hormone cortisol. It's only been tested on Monkeys, but it's very interesting.

Classically it was thought that most of the body systems worked top down. You think it, and the brain sends out the memo.

Basically, the primary cortex portion of your brain (or M1 for short) contains a map of your entire body including regions like your legs, arms, face, and your core.



To everybody's surprise, boffins have discovered a large number of neurons in the M1 that controlled the adrenal medulla. Plus, most of these neurons were located in the axial muscle region of the M1. Stated plainly: "Well, lo and behold, core muscles have an impact on stress," says Peter Strick, PhD, a professor and chair of the department of neurobiology at the University of Pittsburgh Brain Institute.

"One clear implication of this organization is that the sympathetic responses which occur during activities such as exercise, the performance of demanding cognitive tasks, and the experience of emotions are generated by neural activity from the same cortical areas that are responsible for these behaviors."

(The mind-body problem: Circuits that link the cerebral cortex to the adrenal medulla)

This isn't that much of a surprise although as the mind body connection has been fairly known, or boringly worked to death, depending on your perspective. What we are beginning to see is the pathways for a body mind connection. How you treat your body has a direct impact on your emotions .

The psychologists, hippies and new age weirdos had always talked about this connection. I went to a charity fire walk in Liverpool Street, London several years ago, and we were made to power pose (stand there, legs astride, "being powerful") To prepare us for the rigours of the fire walk.

Without such preparations, we would clearly have died



Whilst power posing per se isn't at all guaranteed (other studies found it to be utter tosh), its enough to understand that:

“specific multisynaptic circuits exist to link movement, cognition, and affect to the function of the adrenal medulla. This circuitry may mediate the effects of internal states like chronic stress and depression on organ function and, thus, provide a concrete neural substrate for some psychosomatic illness”.

All of which is a long winded rambling way of saying, do the L sit! ***‘Cause your core sort of chats to your stress bits. Like’.***

It's OK. I hang around with some really trashy people and have picked up some filthy phrasing habits.

To own the L sit, here are the stages! It's vaguely abusive in places

Stage 1. Notice the burger you are scoffing
Stage 2 put the burger down

The abusive thought behind stage 1 & 2 really is unnecessary. You can get good strong abs and still eat crap, you probably won't be able to see them though.



Stage 3 grab the edge of the **health and safety checked** chair and push your ass off the seat, Notice how your bum is behind your hands. Find a balance. Practice for a few weeks (less if its easy)

Stage 4 Build on stage 3 , then stick one of your legs in front of you. Yikes. It's hard for some, not so for others. You are lucky or you are not. Practice this and stage 5 together. One leg, then the other. Feel free to cry. Everyone likes people who can express emotional weakness



