

# Applied Posture Riding Core Sensory Belt



**Brand:** Applied Posture Riding

**Product Code:** 1005

**Availability:** 10

**Weight:** 150.00g

**Dimensions:** 12.00cm x 6.00cm x 2.00cm

**Price: \$41.80**

**Ex GST: \$38.00**

## Short Description

**Limited sizes left.**

Anybody can wear this belt to aid your core function.

Please note the tourmaline material does generate heat, **wear it over clothes.**

**+Postage**

## Description

**The Applied Posture Riding "Core Sensory Belt".**



**Designed by Annette Willson, Physiotherapist.**

This belt is only available here on my Applied Posture Riding site.

- Ideal for new mums to wear after child birth
  - Ideal for horse riders needing a reminder to engage your core
  - Suit women with needing a reminder to engage your core
  - Wear over your clothes, so easy to put on and off as needed
  - It does generate heat so do not wear it against your skin
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- This belt is designed specifically to bring your core into action
  - Increases the core sensory feeling making you aware of your core
  - Reminds you to use your core
  - Helps your core kick into action
  - Easy to apply and has directions to apply correctly
  - Comfortable to wear
  - Supports your abdominals
  - You can wear it riding, exercising, or at work
  - Feels good
  - Not too tight or restricting
  - Will remind you to use your core when riding
  - Looks like a belt not like a brace



This is a new design specifically for riders to wear while riding and around the stables to increase the sensory awareness of your core and stimulate it into action.

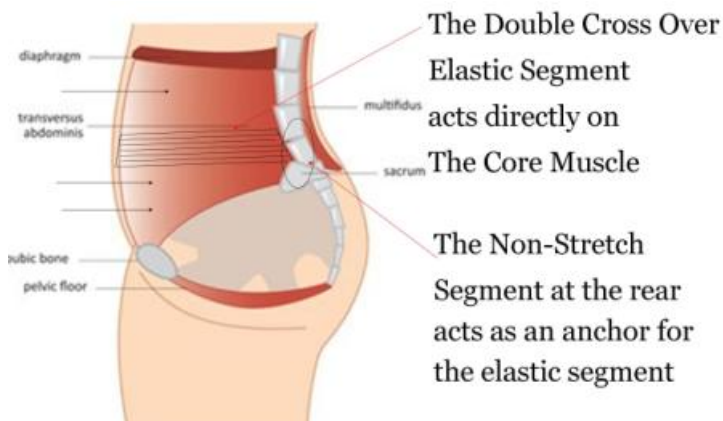
This is different from a back brace because it has a different action.

The belt has been designed to wear around the lower waist below your belly button. It is

designed to activate the Abdominal area of the Transverse Abdominal Muscle.

The belt, therefore, has two major segments. The rear segment is non-stretch and extends from the hip bone to the hip bone in your lower back. The front segment is made up of two elastic bands that cross over in opposite directions and extend from hip bone to hip bone across your mid and lower tummy in the front.

The action of the rear segment is to act as an anchor for the elastic segments, similar to the anatomy of the Transverse Abdominal Muscle.



The action of the crossover elastic is to follow the Transverse Abdominal Muscle fibers and stimulate and support the action of the core muscle fibers as they contract.

- The action is similar to rock tape, it will act on the Transverse Abdominal muscle.
- Ideal for riders who "forget" to use their core
- For riders who have an uncoordinated core muscle.
- Ideal for new moms who are still trying to "close the gap".
- Ideal to wear riding to remind you to use your core.
- Easy to put on and remove.
- Comfortable and not constricting in any way
- It can be worn over your activewear or your jodhpurs.
- Will do no harm.
- You will learn to use your core while wearing the belt

**Measure around your Hip bones across your belly button. See the video below on how to get the right size.**

- Small Fits 85 - 90 cm Out of Stock
- Medium Fits 91 - 95 cm
- Large Fits 96 - 100 cm
- XLarge Fits 101 - 105cm
- XXL Large Fits 106 - 111 cm

# The Core Sensory Belt Design

## How To Measure For Your Core Sensory Belt

### Product Gallery



