



Move Better, Reduce  
Pain, and Live Life  
On Your Terms.

*The 4 Steps To Break The Cycle, Fix It  
And Keep it!*

@ekembasolcore

# I went through the same issues and want to help



My name is Ekemba Sooh, and after being in this same vicious circle for years, I found a philosophy and system that trained my body to re-educate it holistically. It was the first time I felt confident and empowered. Finally, I found something that could guarantee results. As a result, I helped myself and hundreds of people break the cycle and achieve a body that can keep up with their life.

It's Not Just Working Out,  
It's Building A Foundation  
For A Better Life

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The problem with pain and imbalances in the body is that the available solutions aren't complete and don't give you sustainable results. This is because they all have partial information and pull from different philosophies. Because of it, people keep bouncing around trying different solutions, never getting the results they are looking for, and start to lose faith.

When you start giving your body specific exercises that are “friendly” to its natural movements, it will respond, pain will begin to go away, and movement is restored. This means you get your life back.



Amy has Ankylosing Spondylolysis(AS) which is a rheumatoid arthritis condition that will fuse your spine.

She took her medication, did the exercises they prescribed, and moved the best she could, but it wasn't working.

She was literally moving around like Frankenstein, and her mental and emotional health was taking a beating because she couldn't live her life the way she wanted.



*“After three years, I went from not being able to move to being in a position where I can move. I can ski, I can hang out and be active with my friends and family, I’m about ready to go back to tennis. It’s changed my life!”*

And Amy is not alone! If you **follow my formula for balancing and strengthening your body**, you will also experience the freedom you deserve!

The more you can take care of yourself, the better you feel, and the more positive impact you can have in the world.

I’m honored to be your guide!

**LET’S GET YOU OUT OF THE VISCOUS  
LOOP AND START MOVING AND  
FEELING LIKE YOU KNOW YOU CAN!**

# STEP #1:

## ASSESS WHERE YOUR WHOLE BEING IS

Did you ever do a handful of exercises that were supposed to correct your issues and get you out of pain, but it didn't give you sustained results? And so you go on to the next "fix" only to end where you began. And then another, and another, etc. And at a certain point, you either give up from "overwhelmingness," or you have so much stuff that you are doing that it is frustrating that you are not getting more results.

The step you are missing, to begin with, is assessing where you are before you start. You could have the same pains as somebody else for entirely different reasons because you have different imbalances in your body. That means the way that you order and prioritize your exercise routine needs to be adapted to your physiology.

Before going on to the next step, I want you to get a journal or notebook to go along with the assessment in real-time.

This assessment process will continue throughout your journey as your body will continually change.

In the beginning, it will help you to be more conscious and present about where you are and what you are doing.

It will help you learn which is the greatest gift you can receive. In addition, this learning process will allow you to become empowered and more informed and the ability to treat and train yourself.





YOU are your own best therapist and trainer, and so that is why I don't want to throw at you a bunch of random exercises and tell you to do it. Instead, I want you to learn and know what to do.

A complete health and fitness program is composed of 4 pillars:

- Exercise/movement
- Diet/water
- Sleep/rest
- Vision/goal setting

An assessment starts with the “Vision/Goal setting” and an intake of your goals and needs. Then you want to move on to “exercise/movement” and list what activities you are doing throughout the week, what exercises you are doing to help your situation, and see if they are actually helping or hurting you.

Also include your resting heart rate, height, weight, age, and potentially your blood pressure.



Then you want to list:

- how you are eating,
- how much water you are drinking daily
- when you go to bed
- how much sleep you are getting
- how you structure your rest time.

It is easy to get caught up in your head/emotions, and doing this will give you an objective view of your situation.

You will continually gather more information as you go through the exercises that are specific to you. If one of them is difficult for any reason, then that is your body telling you that you need to work on this more.



After that, you break your goals into 3-month, 6-month, and 12-month increments. The 3-month goal will be the most objectively based, while the 6 and 12-month goals will be an idea of where you would like to go. This gives you a fixed point to shoot for and flexibility to adapt to the program.

The next step in the assessment is to check your posture and movements. Start with posture pics. Choose a background with a reference that you know is a straight vertical line, i.e., a door jam. Then you want to get pictures taken of you standing front-facing to it (straddling the vertical line), right side facing (with the vertical line even with your ankle), left side facing (same as the right set up), and rear-facing it (same as front-facing set up). You will now be able to see how ‘straight’ you are compared to the straight line.

*\*\*\*Pro tip. When getting your pictures taken, wear as few clothes as possible without shoes. This will allow you to see how your body is balanced. Also, when you are getting your pics taken, please don't stare at the camera or wall so that you don't subconsciously adjust to it. Stare off into space and relax. \*\*\**

Next is to see how well you move and what your cardio endurance is. You want to know how well you can use your abs in a base sit-up and perform the 7 primal movements: squatting, bending, pushing (open and closed), pulling (open and closed), bending, lunging, twisting, and gait. Use this [Harvard Step Test and calculator](#) to determine your cardio capacity.

*\*\*\*Open means that you can move the resistance with force. Closed means you cannot. i.e chest press with dumbbells( open) push-ups (closed)\*\*\**

If you can't perform these moves efficiently or at all, this is considered a dysfunction. You need to identify why your body structure is not allowing these movements.

# STEP #2:

## Developing your program

Your program will have macro and micro components. The macro is your total body program, and your micro is your areas of need.

- The goal for your macro should be a minimum of 3 days a week for about an hour. It should consist of a holistic fitness total body program and the holistic lifestyle factors that you are most struggling with.
- Your micro could be( and probably should be) 5 - 15 min that you do at least every other day.

The goal here is to balance and improve your structure so that you function at your best. The better you function, the less pain you have, the better you move in life, in the activities you love, how well you think, digest, eliminate, heal, fight off infection/diseases, etc.

Now you'll want to map your week and choose the three days a week for the macro-program (1-hour blocks) that are easiest to keep, and DON'T change it unless of emergency.

Now go to the opposite days and find the 15 min block to do your micro-program. The easiest and most efficient time is after dinner before bed. But if that time is challenging, pick another time that will be easy to keep.

Now pencil into your schedule the lifestyle actions you have to make.

*\*\*\*Pro Tip. If you have areas that really need attention, then you will have a program ONLY for that. Don't worry about the total body just yet. Focus on the areas of need the areas that surround your areas of need\*\*\**

Your program will consist of what you need to do to reach your 3-month goal AND the areas that were most deficient in your assessment.

Choose the “one thing” in your exercise and your lifestyle factors that, if you did it would make everything else easier. This leads to what is that one thing?

For the holistic lifestyle factors, it will take a little thought and possibly trial and error. However, I would recommend focusing on water intake as an excellent place to start. It would be best if you were having a minimum of 2 liters a day, working up to 1/2 your body weight in ounces of water.

Your sleep could be affected by your body structure, and your diet could be affected by the amount of movement, as an example. This will take some practice to ingrate in your life, and don't stress if you are not perfect at the beginning. This is a learning process that will empower you with knowledge.

Choosing the one thing in terms of exercises comes down to whether it moves you forward or holds you back and what exercise(s) has the most significant impact.

Using segmental exercises will produce the most significant effect at the beginning. Think of your body as links in a chain. Each link is a segment. For example, the chains of your body could be iron except, one is made of a piece of chewing gum. Well, you are only as strong as your weakest link. So you need to train that segmented link to be iron and not chewing gum.





You may be wondering where your other activities and workouts fall into this program. I would **HIGHLY** recommend drastically reducing them or eliminating them for the short term.

This is because **ALL** activities/sports/active hobbies have a damaging effect on the body. **READ THAT AGAIN.**

Even with the most balanced and strong body, corrective exercises or ‘normalizing’ exercises should be done after a workout or activity to avoid becoming imbalanced and/or injured.

If you already have imbalances and or injuries, then the load that your activities put on your body will be too much and ruin all the good work you are putting into correcting your imbalances.



Think of your body as a car or house. If the car or home structure is off-balance, you will ruin it by driving it more or adding onto it.



If you continue doing the activities and workouts you are used to, which brought you to this imbalanced state, you will tell your body that you want more of this dysfunction.



Once you start to get a hold of your imbalances and the areas of pain, feel free to add the activities you love back in.

Putting it back in too soon will be too much and ruin all the good work you are putting into correcting your imbalances.





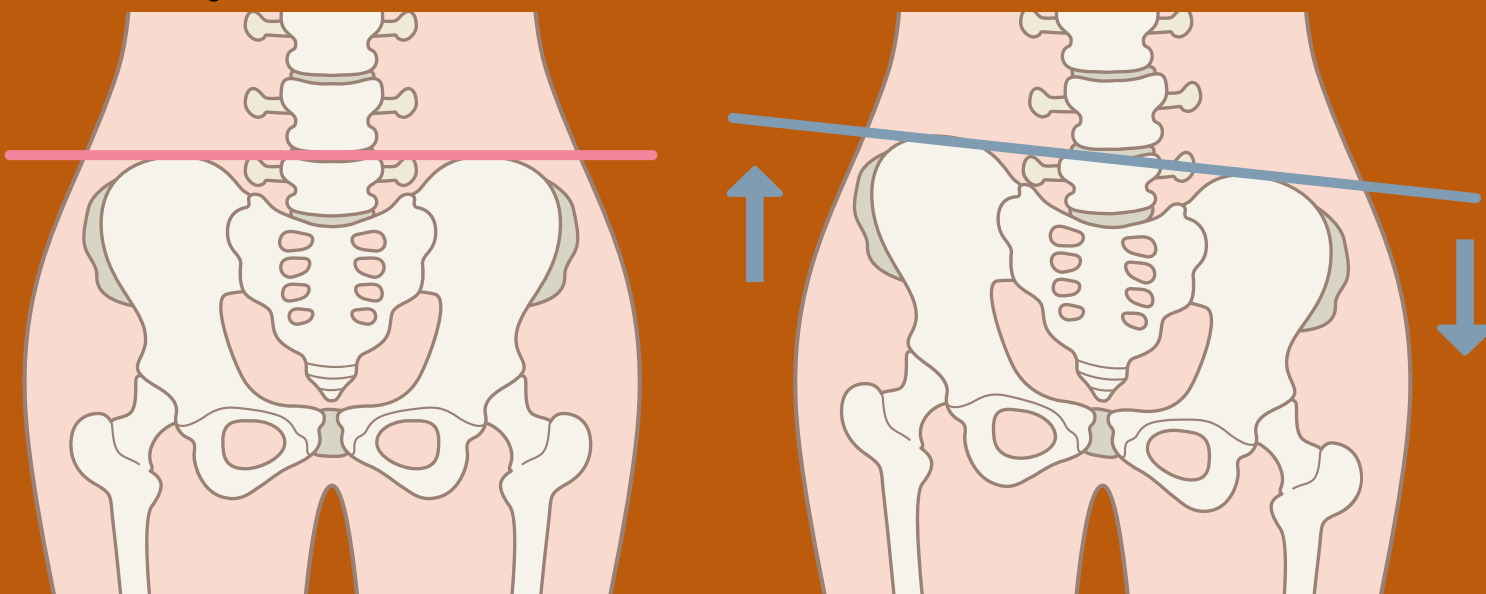
## STEP #3:

# Prioritizing Your Exercises

Now you have an overview of where you are starting, where you want to go, and the schedule that will get you there.

The pelvis and the spine will have the most significant impacts on re-balancing your body at the beginning.

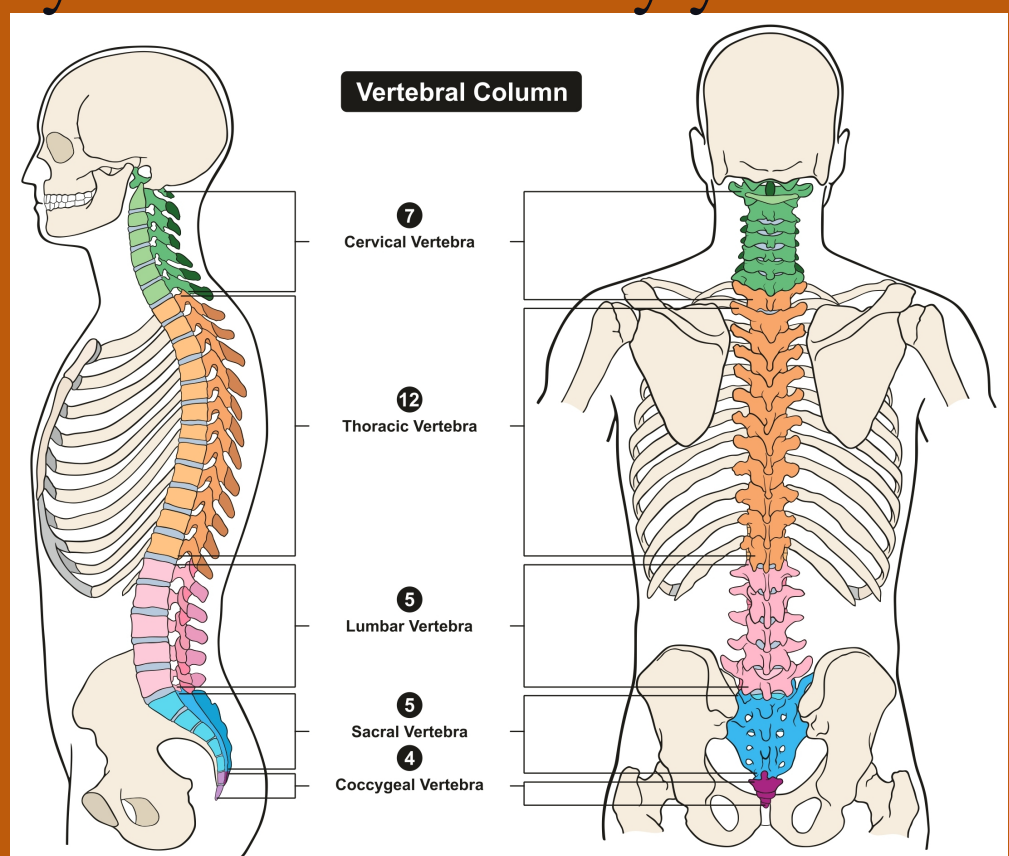
That is because your pelvis is the “floor” that connects your upper body to the lower body.



Your spine has essential deep muscles, and the first area transmitted from the brain to prepare your body to move in the way you want.

Your body will never be in balance if the “floor” that it is using is off balance.

And your movements will never truly be good if the communication to your body is “jumbled.”





From there, work on your core (abs AND back), your thoracic diaphragm, your cervical thoracic diaphragm (shoulders and neck), and your lower legs and feet.

As you work through those areas, focus on:

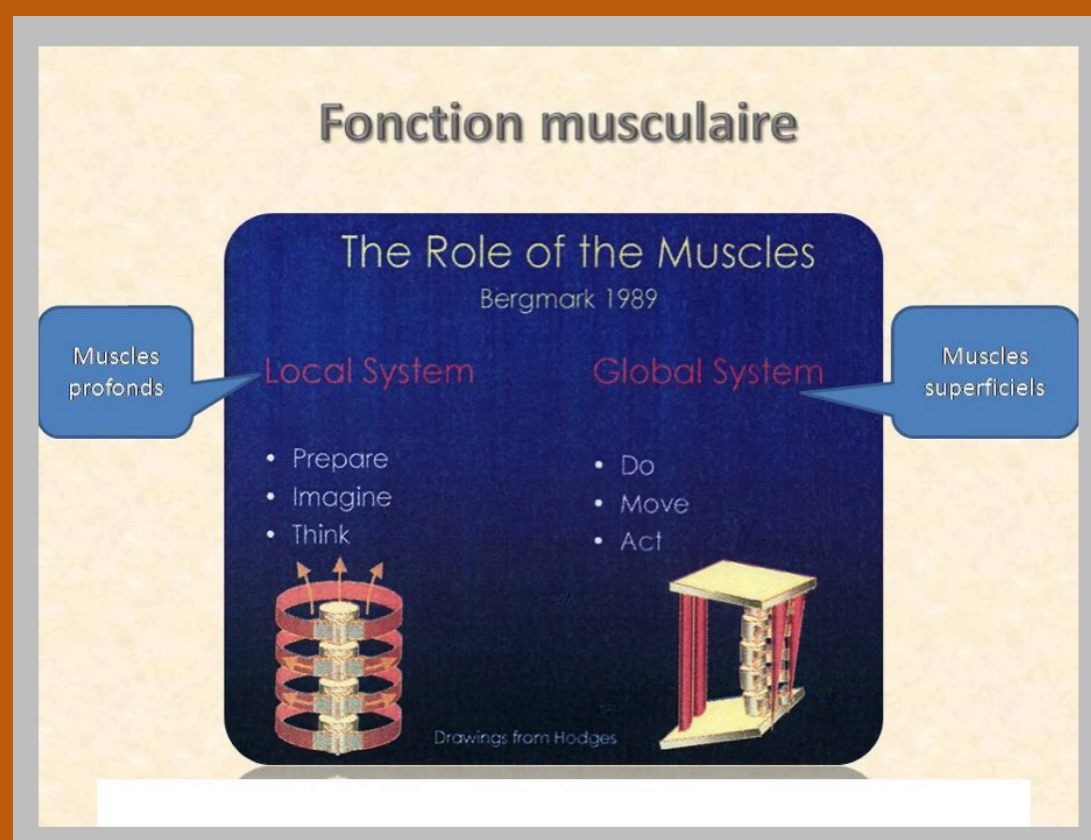
- the deeper muscles first (because they prepare the body to move),
- the “big bang” areas that produce the most significant impact
- and specific area(s) that need more stretching, strengthening, or proprioception.

Don't worry; I am about to go a little more into detail about that next :-)

**Deep muscles:** This one is the easiest to understand. The deepest muscles in your body will have the most profound effect on not only balancing and keeping your structure in place but on how well you move. When you think about doing a movement, that impulse goes from the brain through the spinal cord to the needed areas to produce that movement. So if that communication is off, then your movements will be compromised.

It's like the telephone game. When the initial person says a phrase, each subsequent person better be paying attention, or when the phrase gets around to the end, it will be nothing like the initial phrase.

This “rule” was found by a scientist called Bergmark in 1989, and it is called PIT and DAM. **Prepare Imagine & Think. Do Act & Move.**



**“Big Bang”:** These are muscles that have important jobs to multiple different regions, and no matter what other areas you have to focus on, they WILL ALWAYS be necessary to do.

Below is a general list that you can use to start you off. It doesn't encompass everything, as that is WAY BEYOND the scope of this report.

- The spine and the associated muscles and ligaments within them.
- The Illiopsosas affects the lumbo (low back) pelvic, femoral(hip/lower leg) complex.
- The obturator interns and piriformis because they are part of your pelvic floor and are necessary to balance your pelvis.
- The bicep femoris, lateral gastroc (calf), and soleus because they form one giant muscle that starts on the outside of your heel and ends at your ischial tuberosity(your butt), BUT continues via other chains up your spine to the head, AND through the back muscles to the arm
- Your glute med (hip) and adductor longus (inner thigh) they work together to stabilize your pelvis
- The posterior tibias, anterior tibias, and Petronius longus form the “rein” that stabilizes your ankle.
- The serrates anterior, rhomboids, and inter-clavicular ligament (front shoulders and chest) work together to keep your shoulder girdle in place, contributing to keeping your head in place.
- ALL your core (abs AND back). Because your core has two jobs stabilize (strength) and mobility. The most basic is the:
  - TVA
  - diaphragm,
  - iliocostalis
  - Rectus abdominis and being able to “roll and unroll” the trunk.

**Deciding whether an area needs strengthening, stretching, or proprioception exercises:** This one is a little harder, but I will give you some basic rules to follow.

If you need to start at one, start at the stretching. And by stretching, I am not talking about isolated static stretching. I am talking about picking an area to stretch AND the chain that it is part of and actively stretching it holistically.

This will help bring the muscle you are focusing on back to normal and the chain that it is involved in.

The only issue you will run into is if the muscle you are focusing on doesn't have the proper muscle tissue and is more tendinous. Tendinous areas do not stretch and move like muscular tissue and will become strained.

This is where you need to perform strengthening on the segment or segments of the muscles that need muscle. The trick is that you'll need specific exercises to target where you need to build muscle.

An example is your Glute medius (hip muscle). You can see in the picture the glute med has three different directions it is orientated. So that means, at a minimum, there would be three different positions to target the three different fibers.





Targeting the precise areas of need builds strength where you most need it and improves the neuro (brain) muscular connection, making moving more efficient.

But if you are having trouble being efficient with your movements, proprioception exercises are necessary to give you more awareness of your body.

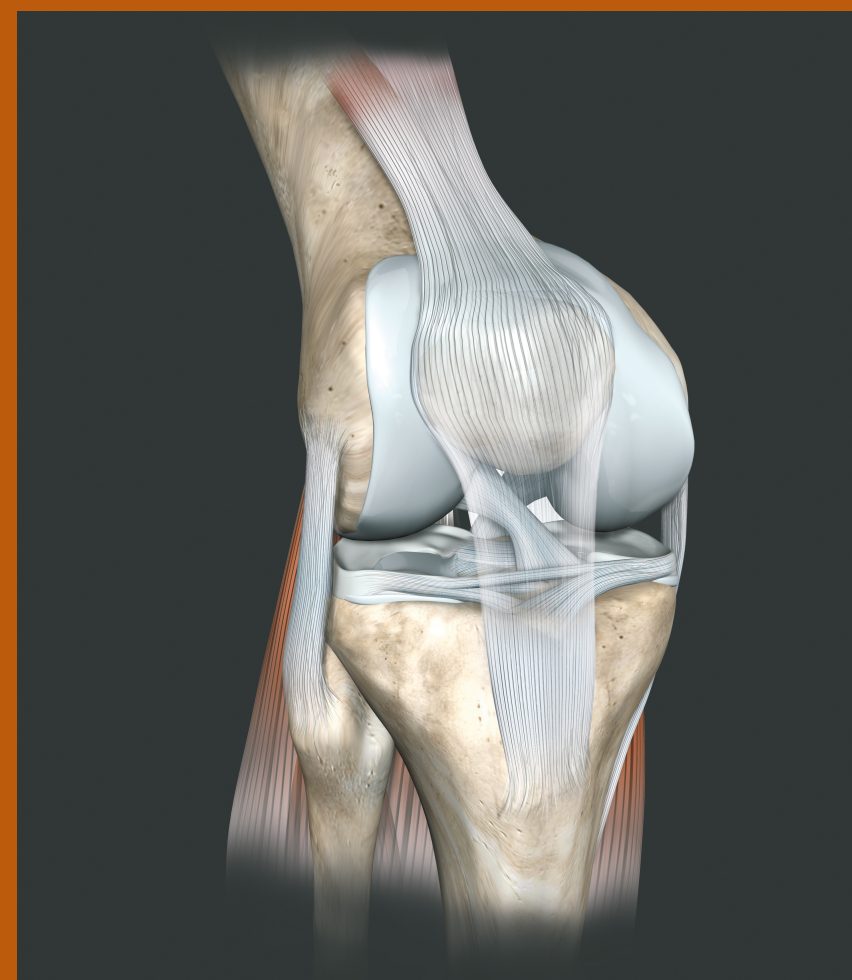
Proprioception exercises increase the neuromuscular connection for the tendon, ligament, or joint you need to make “smarter.” In addition, this will raise your total body awareness, which makes moving feel more fluid.

The hard part is being particular with your positions to target the “asleep” area.

Take the knee, for example. People who do proprioception exercises will do some standing on one leg to work on the knee. But what ligament do they need to do the proprioception exercise for?

As you can see, there are 5 ligaments pictured (there are more). And like the muscles, they have different jobs, which means that they all need to be exercised differently.

Will the body magically know which ligament is in need while they are performing the exercise? Nope.

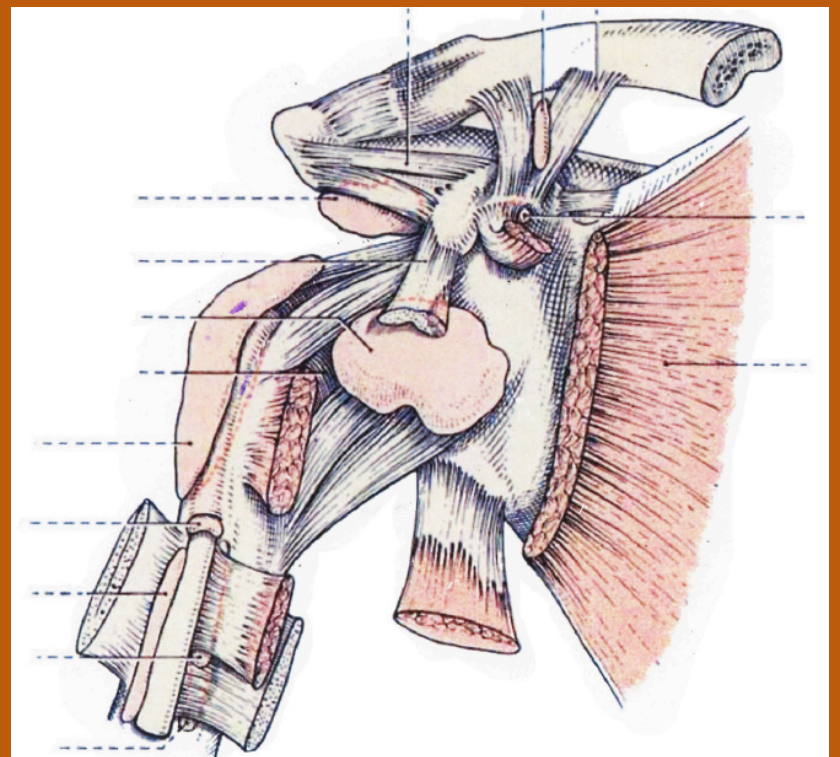


The body will use the more vital smarter ligaments to do the exercise. Unfortunately, this will make the ligament in need “dumber” because his (or her) friends are doing the work for them. And badly, I might add.

The solution (in this example) is to put the knee and body in a position so that **ONLY** the ligament in need does the heavy lifting (pun intended :-)

## Your Goal

Is to work **ALL** (strengthening, stretching, and awareness) as they **ALL** lead to “*getting stronger,*” *being balanced,*” and having less pain. This is based on the rules of “**tensegrity**” and “**Hills muscle model.**”



To simplify these rules, it means that everything is connected and has a job. Therefore, when you properly train (educate) these different areas, they will lead to a robust and balanced body.

Going through this process of methodically assessing, planning, and prioritizing will start to balance your body. As a result, you will feel less pain, be more robust, and move better. It will also help eliminate the confusion and stress of what to do. Because you now know how to progress through your program, and this is empowering.

The only thing left to do is to integrate all this new great re-education of the body.

# STEP #4: Integrate

The purpose of working out is to improve how you live your life. Up until now, you have worked segmentally on your structure. This is important because, as you remember, you are only as strong as your weakest link.

Now it is time to integrate everything so that your body moves as one.

Through this integration, we coordinate the body together and train it to move as it does in real life. When you are out working in your garden, skiing, hiking, or playing with your kids/grandkids, your body should work without risk for injury.

And it will if you train it to work together in the 7 primal movements and the myofascial chains you will allow your body to move as intended.

So what are the 7 primal movements and chains of the body? They are: Squatting, pushing, pulling, bending, lunging, twisting, gate, and the chains that connect the body to move as one.



Working through the 7 primal moves will focus on form and finding out where you are starting from and where you need to go.

Here are some essential points to look for on the **7 Primal Moves**:

**Squatting:** Out of all the moves, this one will affect your posture the most. You can think of the squat as a knee dominant move, meaning that you will initiate your movement by bending your knees pushing them toward your toes to go down and up. As you move, you need to make sure that your pelvis stays tucked and your torso and head angle match the angle of your shins. NEVER go past thighs parallel to the ground as it puts too much pressure on your knee caps.

**Pushing:** These are push-ups or chest presses. The goal here is to move you (push up) or the weights (chest press) respectively through the range of motion; while keeping your posture, bending your elbows, and moving your shoulder blades together as you go down and up.

**Pulling:** These are pull-ups or rows. The goal here is the same as pushing, but the movement is reversed. You still need to be able to work correctly from your arms and shoulder blades while pulling.

**Bending:** This is one of the more functional movements as you will use it to pick things off the floor. This can be called a hip dominate movement because you dominate the movement by leading through the hips. As you lead by pushing your butt back, you need to bow forward with a ridged natural posture of your upper body so that the force of the movement doesn't put a strain on the back.

**Twisting:** Not being able to twist correctly is one of the primary dysfunctions that lead to pain (and injury). If your body doesn't have enough space or mobility to twist, it puts nasty strains through areas that get injured, especially your vertebral discs. Having plenty of space is critical to twisting, then knowing how to sequence the movement from the feet to the hips to the torso and arms will lead you to success.

**Lunging:** This movement is critical because you will be in a split stance a lot in your life and activities. And being able to automatically know how to keep the action in the front leg and not transfer it into the back leg is super important not to kill (injure) your knees.

**Gait:** Walking and running. Being able to pro-supinate the foot, having the hips remain stable and not shift side to side, having a coordinated movement between the arms and legs while keeping your head in place will allow you to move through space without damaging your body. Just through general walking at 10,000 steps, a day produces several TONS of force through your body. Not a problem if you are balanced. Big problem if you aren't.

**Global Postural Stretching:** We have already discussed segmental stretching with the links in mind, but now you also need to work more on the general areas and how they are connected to the rest of the body. This means stretching in how your body is globally connected in oblique lines, posterior (back) lines, anterior (front) lines.

This is the same system Janette used to keep herself out of surgery and get her life back.

Her pain had gotten so bad that she could not do the simple things in life like bathing her daughters.

She had sought out all the solutions that she could, primarily cortisone shots and a neck fusion.



*When I started with SolCore a year and a half ago, I suffered from chronic back pain, constant migraines, and numbness and weakness in my arms and legs. I had tried chiropractic and physical therapy with no improvement. Finally, the spine specialist told me that spinal injections and spinal fusion would be my only pain relief. So I kept searching and was blessed to find SolCore. Thanks to SolCore (and those ELDOA'S!), the numbness and weakness are gone, the chronic pain is under control, and I'm back to doing the things I love. Thank you, SolCore!"*

Janette and Amy are regular people just like you!

If you follow the format I have laid out and respect the body's rules, you will get positive, sustained results!

Remember, it's not just working out, it's building a foundation for a better life.

**How can you get these results?  
Read on!**



# NOW, WHAT'S NEXT?

Now you know what it takes to build an effective health and fitness program for sustainable results.

This is an empowering process as it gives YOU control of your body and how you feel and function.

Since you have taken the time to read and integrate as much of the training as you could, we would like to offer you a **COMPLEMENTARY** diagnostic consultation **ON HOW TO BREAK YOUR CYCLE OF PAIN** and achieve **SUSTAINABLE RESULTS!**

## We'll go over:

- Where you are now and where you want to go.
- Where you are constantly getting stuck
- Actionable advice on how to move forward with confidence



**RESERVE MY TIME!**



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