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# **RevInMo Essentials**

**Turning Potential Into  
Performance**

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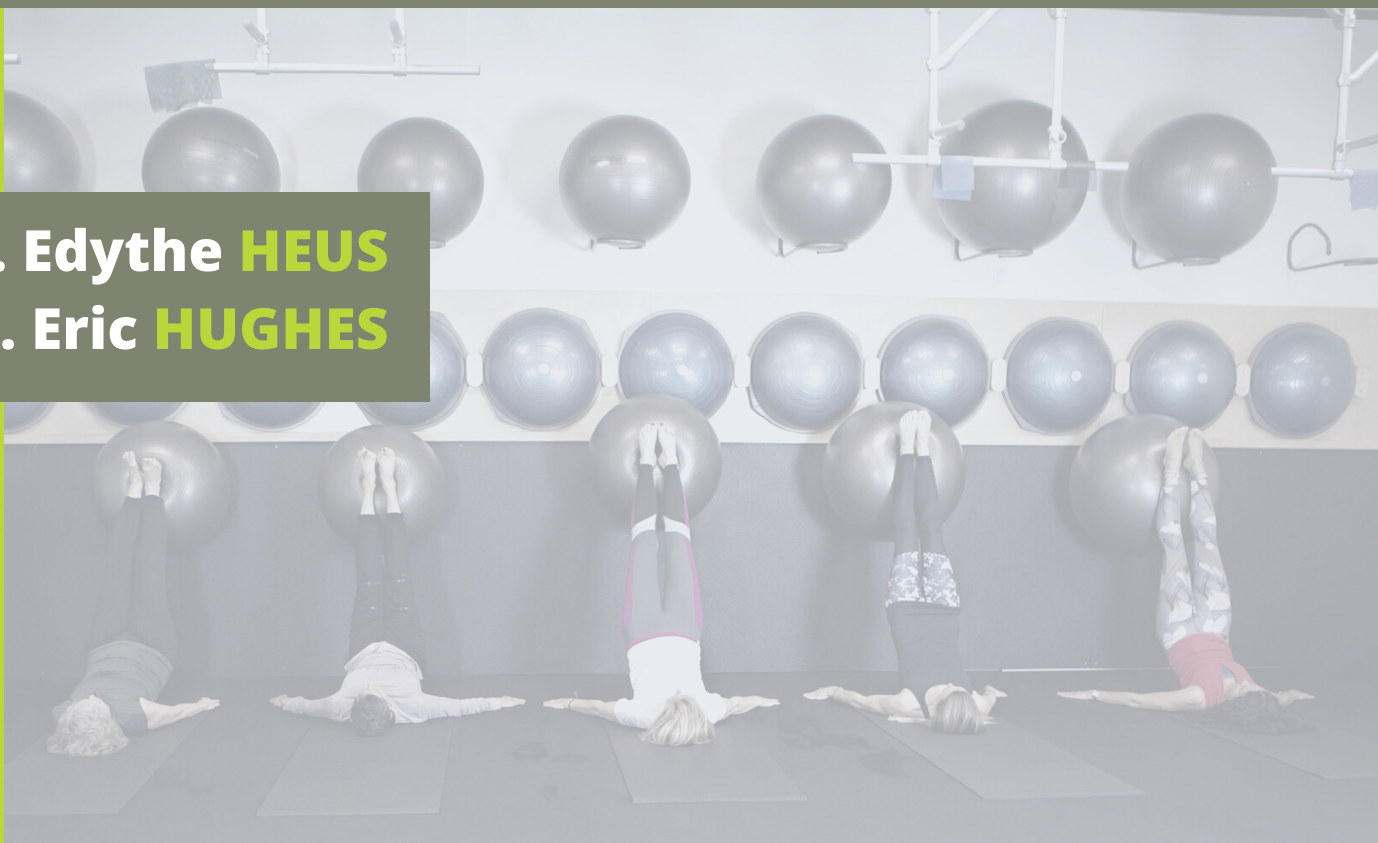


**By Dr. Edythe Heus and  
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# The Essentials of RevInMo

BY

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How you move in life and sport is unique to yourself. Whether you are a desk jockey, an avid runner, or a professional tennis player — you have programmed and reinforced innate movement patterns that work for you and your daily tasks. Chances are that you may be reading this because your movement patterns are no longer serving you, thereby resulting in pain and injury.

Although your movement patterns are unique, you also share the very fundamentals of movement that connect you to everyone else. This is what Revolution In Motion™ calls **The Essentials**. The Essentials are six areas of the body that contribute to movement and function as a whole. They are interrelated and work harmoniously with one another.

Knowing and applying the Essentials as a self-correcting tool provides you an opportunity for mastery and control of your health and well-being. It will open your eyes to your posture, your alignment, and your movement. The ultimate goal is to automate The Essentials so that they are always accessible when you need them, thereby turning potential into performance.



# 1 Mind Your Feet

There is no better place to build a strong foundation than from the ground up. The feet are by far one of the most important yet overlooked areas of the body when it comes to athletic potential.

When your feet are healthy, the effects translate throughout the rest of your body, as they are the best protection of your knees, hips, spine, and shoulders.

Be aware of your feet, how you use them, and all the things they are doing for you:

- When standing, make sure your feet are straight ahead.
- Be aware of the connection of every toe to the ground.
- That the weight distributing equally on the balls of your feet and the center of your heels, and that you have equal weight on both feet.
- That your toes press into the ground and lengthen your feet.
- Feel your arches lifting off the ground.
- When you walk, propel yourself forward using all of your toes. Doing so you will roll through each foot effortlessly.



# 2 Hollow Your Abs

Find the point between your pubic bone and belly button, and place your attention there. This is from the point which we hollow. All the abdominal muscles are engaged and activated from this single point. In Martial Arts, this area is called the “lower dantian,” and is considered the foundation of rooted standing, breathing, and body awareness. In athletics, it is necessary for speed, strength, explosiveness, coordination, and power.

A quick exercise you can do to hollow your abs: While you’re standing with your feet straight ahead and hip-width distance apart, press your fingers towards your spine from the point in between your pubic bone and belly button. Feel the lift in your spine as you press in. Now draw in your abs to your spine from this single point by yourself.

When you’re able to do this, you may notice that the arches of your feet are lifting and your spine is lengthening. Don’t feel disappointed if you can’t feel it right away -- it takes time to have this experience, so keep practicing. Eventually, abdominal hollowing becomes automatic.

A woman with blonde hair is standing in a gym, smiling, with her arms raised. A man in a blue shirt is standing behind her, with his hands on her chest, assisting her. In the background, there are blue exercise balls on a rack and gym equipment.

# 3 Lift Your Torso

The torso carries itself so that it can take the weight of your upper body off your waist, pelvis, hips, knees, ankles, and feet.

The small muscles that promote lift are an integral part of your core. When you lift your torso, it is intimately connected to the hollowing of your abs; they play off of one another.

Imagine that you are being lifted upward by one hand on your sternum and the other on your back at the lower part of your shoulder blades. Imagine how it gives you that sensation of floating, and feel the gentle tug if the hollowing of your lower abs, and perhaps even your big toes and arches are working more.

There is an ease to this when the torso carries itself. Your legs feel lighter — you feel as though you can propel yourself more easily as you walk, jump, or while your standing — and your posture is going to improve.



# 4 Float The Head

This Essential is a continuation of lengthening your spine and lifting your torso.

The most accurate way to finding the true point on top of your head is thus: Place your thumb between your eyebrows and the bridge of your nose. Follow your hand all the way across your skull to where your middle finger touches at the top of your head. That is the point you lift from when “Floating Your Head.”

Imagine the top of your head reaching up to the ceiling. As you direct your head to the ceiling, notice how this continues to promote torso lift and abdominal hollowing. When you are able to free your head, you will also notice a significant improvement in balance and coordination.





# 5 Relax The Back

The order of the Essentials is strategic. As such, Relaxing The Back is a natural outcome of the above-mentioned Essentials, most notably Lifting Your Torso and Hollowing Your Abs. By actively engaging these Essentials, you will begin to notice space being created in your low back and spine.

Imagine a little weight attached to your tailbone gently tugging down towards the floor. This also helps create a sense of openness and relief.

This may be one of the most challenging of The Essentials to engage. As the low back releases, the improvement of the other Essentials is dramatic, in which they are all able to become optimized.

A person is shown from the chest up, lying on their back on a light-colored mat. They are holding a large, light blue ball with both hands, positioned in front of their chest. Their arms are extended upwards, and their head is tilted back, looking towards the ceiling. The background is a soft, out-of-focus grey.

# 6 Shoulders Fall Into Place

When all of the other Essentials are optimized, you practically don't have to do anything in allowing your Shoulders to Fall Into Place! In doing so, you will be able to experience and elicit efficient shoulder mechanics, strength, and power.

Your ear, shoulders, hips, and ankles should all be in a line when standing.

Your shoulders will be open in the front and broader. Your shoulder blades will rest comfortably and flat across your rib cage, and your arms will hang freely at your side.

When you walk, your arms will move freely and with ease.





# **BONUS: Relax Your Back Sequence**

Below are 5 exercises that you can use to start training your Essentials. As we mentioned above, Relaxing Your Back is a byproduct of all of the other Essentials working optimally. As such, use these exercises as an opportunity to practice body awareness and mindfulness in movement. What you may notice is that some Essentials are working well and maybe some not at all! The more you do perform this sequence, the more they will integrate into your daily movement patterns. (Click the name of the exercise below to view the demonstration.)

1. [Frog Rock](#)
2. [Snake](#)
3. [Kneeling Overhead Twist](#)
4. [Wave](#)
5. [Squat Into Overhead Reach](#)

a. As a modification for this exercise, interlace your hands behind your head and relax your upper body on the ball rather than using weights.



# Bringing It Together

As a reminder, all of The Essentials are connected. Think of the potential these all have to keep you upright, more mobile, free of absorbing shock, move more efficiently and quickly, and put yourself in a better position to avoid injury.

A common remark when performing RevInMo is, "I feel like I'm floating." When all of your Essentials are working, you want to feel that way every day. You have the control and ability to determine your posture, your gait, and fluidity of movement.

You will look better, you will look and feel more confident, and you will love the body you are in!

# About The Authors

## Dr. Edythe HEUS

Dr. Heus revolutionized the health and fitness industry with the introduction of Revolution in Motion™, one of the first neurologically-based training systems. As a doctor, her relentless pursuit of the most effective and innovative healing modalities has led her to continually broaden her treatment options and has produced results that are unrivaled. Throughout her career, Dr Heus has lived by the mantra, "Challenge what's possible." And that is what her clients see her do every day.



## Dr. Eric HUGHES

Eric Hughes is a Naturopathic Medical Doctor with an emphasis in Sports Medicine currently practicing in Seattle, WA. One of his cornerstone modalities is Revolution In Motion, which has helped his patients and clients to get back to the sports they love with strength and confidence.

Visit [www.DrEricHughes.com](http://www.DrEricHughes.com) to access material on how you can use RevInMo to improve your athletics and your life for years to come.

