

The “Core” Curriculum

Performing core exercises is a current description of what one might think of as abdominal training, however, there is a lot more to the core than the abdominal muscles.

What is the core?

Simply stated, the core is your torso or everything besides your head, arms and legs. It includes all shoulder, back, chest, hip and abdominal muscles.

Why do I need a strong core?

The muscles of the core are the links to upper and lower body function so strengthening them will improve your overall stability, athletic performance and help in injury reduction.

How do I strengthen my core?

Effective methods of core strengthening de-emphasize the traditional flexion and extension exercises of the abdominals such as crunches and sit-ups and focus more on stabilization and power progressions. The following exercise sequence is the foundation of a progressive and effective core strengthening program:

*** 5 Point Stabilization Series ***

Hold each position for 10 – 20 seconds. Rest for 30 - 45 seconds after position 5 and repeat the sequence 3 - 4 times. For an advanced progression try holding each position longer and/or hold the glute bridge one leg at a time.

1. Front Plank
2. Side Plank Right
3. Glute Bridge
4. Side Plank Left
5. Front Plank