

DON'T HAVE A POOR CORE

Justin Hoffman and Morgan Ziegler



What is the core?

- Spine, hips, pelvis, upper legs, stomach
- Muscles include:
 - Stomach: Transverse abdominus, rectus abdominus, internal and external obliques
 - Back: Erector spinae
 - Hips/pelvis/legs: Hamstrings, glutes, pelvic floor muscles
- Maintain stability of the spine and pelvis, help with posture
- Transfer energy from bigger body parts to smaller body parts (from core → limbs)

Why is core strength important?

- The stronger the core, the more stability and balance a person will have
 - Increases the ability of a person to withstand forces acting on them
- A strong core will help with the strength and function of the limbs
 - The core is the “base for motion”

Core Exercises

- Abdominal crunch
- Back extension
- Superman
- Good morning
- Plank
- Russian twist
- Bicycles
- Side bridge
- Double crunch

Sample core workout

Exercise	Sets/Reps
Abdominal Crunch	3x20
Superman	3x20
Planks	3x30 seconds
Bicycles	3x40

- The goal is to get up to 3 sets of 15-20 repetitions for each exercise, but you may have to work up to that.
- Each time you do a core workout, be sure to work the abdominals, obliques, and lower back.

Tips

- Be sure to engage your abs; tighten your stomach as you do the exercises.
- Don't forget to breathe!
- If an exercise is too hard, look for modifications.
- For more variety and/or difficulty, add equipment such as a stability ball or Bosu ball.

Resources: here are some websites to get explanations and picture/video examples of exercises

- Mayo Clinic Fitness: <http://www.mayoclinic.com/health/core-strength/SM00047>
- physicalfitnet.com