

THE MIGHTY CORE #2

The goal of our core training is for us to develop optimal levels of neuromuscular efficiency, stability.



Let us begin:

CORE-STRENGTH EXERCISES

Prone Iso-Abs Plank:

1. Lie prone on the floor with feet together and your forearms on the ground.
2. Lift entire body off the ground "until" it forms a straighter line from head to toe, resting on forearms and toes.
3. Hold for your desired length of time keeping your chin tucked and back flat
4. Repeat as instructed.



CORE-STRENGTH EXERCISES

Ball crunch:

1. Lie supine on a stability ball (ball under low back) with knees bent at a 90 - degree angle.
2. Place feet flat on the floor with toes shoulders-width apart and pointing straight ahead.
3. Allow back to extend over curve of ball. Cross arms across your chest or place hands behind head or ears.
4. Slowly crunch upper body forward, raising shoulder blades off the ball.
5. Slowly lower upper body over the ball, returning to the start position.
6. Repeat as instructed.

NOTE: MAKE SURE TO KEEP YOUR CHIN TUCKED WHILE PERFORMING THIS EXERCISE.

This will help take stress off of the muscles of the cervical spine.

Please look for THE MIGHTY CORE #3

Humbly yours,

Paul Earl, may your workout be all that you want it to be.