

THE MIGHTY CORE #1

The objective of core training is to uniformly strengthen the deep and superficial muscles that stabilize, align, and move the trunk of the body, especially the abdominal and muscles of the back.

The core is where the body's center of gravity (COG) is located and where all movement originates.

A strong and efficient core is necessary for maintaining proper muscle balance throughout the entire human movement system.

A weak core IS a fundamental problem that causes inefficient movement and can lead to predictable patterns of injury.



Now that you understand the importance of having a strong core, let us begin:

CORE – STABILIZATION EXERCISES

Marching:

1. Lie supine on the floor with knees bent, feet flat, toes pointing straight ahead, and arms by your sides.

2. Lift one foot off the floor only as high as can be controlled.
3. Hold for 1 to 2 seconds
4. Slowly lower
5. Repeat on the opposite leg.

Two-Leg Floor Bridge:

1. Lie supine on the floor with knees bent, feet flat on floor, and toes shoulders-width apart and pointing straight ahead.
2. Lift pelvis off the floor until the knees, hips, and shoulders are in line.
3. Slowly lower pelvis to the floor.
4. Repeat as instructed.

Floor Prone Cobra:

1. Lie prone on the floor.
2. Activate gluteal muscles, and pinch shoulder blades together.
3. Lift chest off the floor with thumbs pointed up and arms externally rotated as illustrated.
4. Hold for 1 to 2 seconds.
5. Slowly return body to the ground, keeping chin tucked.
6. Repeat as instructed.

Please look for THE MIGHTY CORE #2 core strength exercises next week.

Humbly yours,

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