

Benefits of having a strong core:

- Work multiple muscles at once
- Reduce back pain
- Improve posture
- Enhance performance

What is my “core?”

Many immediately think of abs when in fact the abdominals are only a fraction of your core muscles. The core can be defined as the lumbo-pelvic-hip complex. This includes the area from your torso down to your hips. These muscles allow functional movement in any direction. Core exercises go beyond more than just crunches. Functional core training is about power, strength and stabilization. These muscles create a solid base for your body. These movements allow you to stabilize your spine and improve balance.

Have you ever heard the phrase, “Weak back means weak abs?”

The phrase should say, “Weak back is a weak core,” because your core muscles are linked to your lower back. If you are experiencing back pain it might be due to an unbalanced core. When you work on strengthening your core, your posture develops, creating a stronger lumbar curve and aligning your spine.

What cues do I need to remember during core exercises?

Exercising is more than just moving, it’s important to **think** about what you are doing in order to target the correct muscles and have proper form.

- Are my hands resting behind my head or holding/pulling it up?
- Should I be doing this movement slow and controlled or fast?
- Am I remembering to **breathe**?

How often do I perform core strengthening exercises?

Core muscles are just like any other muscle and require rest.

How long do I perform core strengthening exercises?

The length of time you hold a position or the number of repetitions you perform depends on your fitness level. Start low and build up as you do more exercises over time.