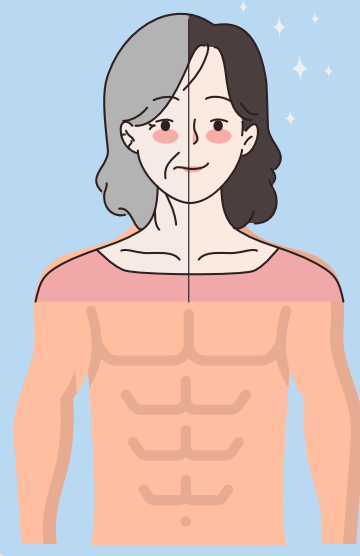


CORE STABILITY TRAINING

DEFINITION

Core stability training is to train the the muscles of your trunk, to work in harmony in order to keep your spine and body stable.

CORE STABILITY IS FOR ALL




Core stability training should be done by all - but especially athletes.

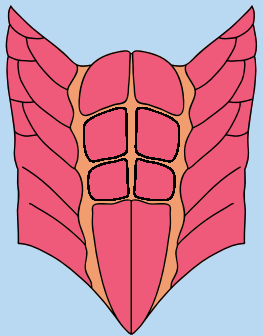
Core stability is vital since it's the foundation of almost ALL other exercises and sports - like running.



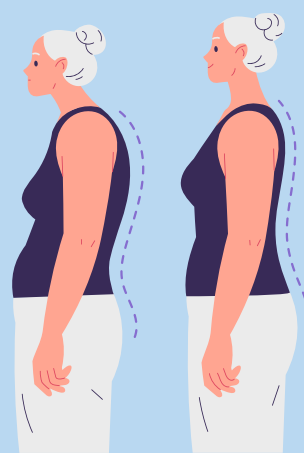
FUN FACTS

1.  The CDC says **39.0 %** of adult backpain is due to a weak core.

2. The superficial "6-pack" muscles aren't as important as the other muscles for core stability!



BENEFITS OF CORE STABILITY TRAINING



Better Posture



Reduced Injuries



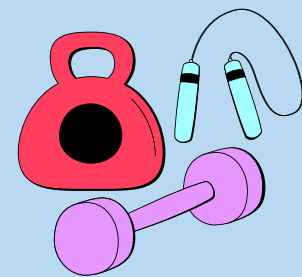
Increased Stability and Balance in Athletic Performance

HOW TO DO

Location:



Equipment:

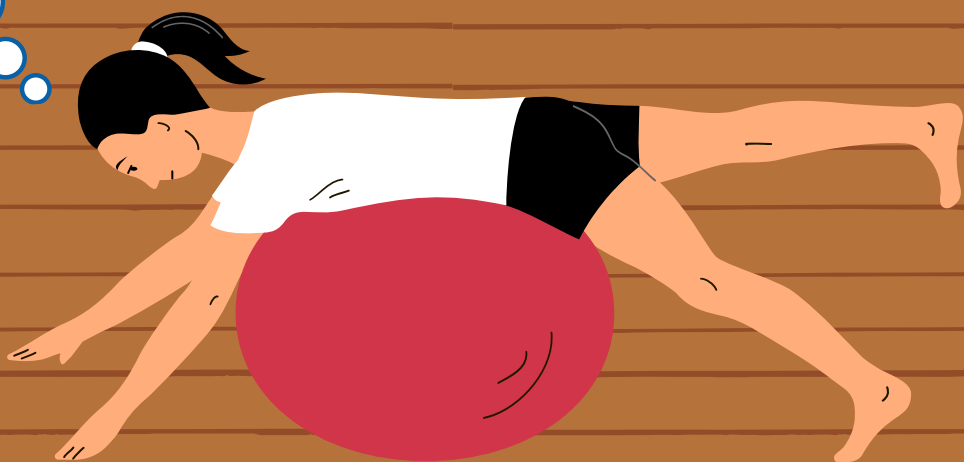


Classic core stability exercises can be done anywhere and include planks, situps and fitness ball exercises.

BEST EXERCISES

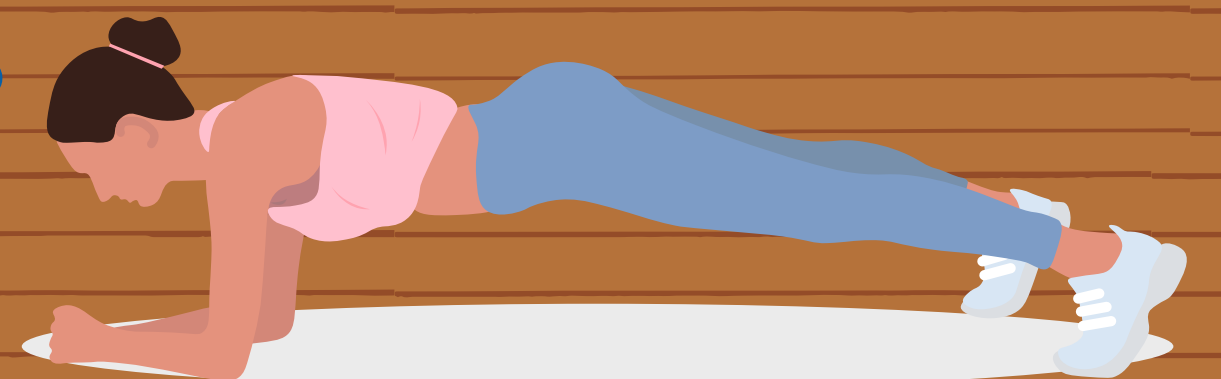
FOR CORE STABILITY TRAINING

Do 2-3 days per week



PLANK BIRD DOG
(WITH EXERCISE BALL)

It's for endurance, so more reps and less sets.



PLANK

Should do 2-3 exercises



SITUPS