

Strong to the Core!

Chiseled abs- men want them, and women love to see.

I saw the YouTube of how actors trained to get the extreme abs in the movie “300”. No crunches in that workout! How can that be? Every training exercise required core strength.

You can’t open a fitness magazine these days without a reference to your “Core”. Sometimes people use “Abs” and “Core” synonymously. They are not the same. Core is the coordinated recruitment of many muscles that support the spine, give stability to the body making it move efficiently and powerfully. The core recruits muscles as a team- not just your 6 pack, but obliques, deep abdominals, and back muscles- virtually all the muscles in the torso.

A well trained core will stabilize your spine, help your balance and allow your body to transfer power effectively, such as improving your golf swing. You can spot a weak core by the low back pain, poor posture and muscle imbalance injuries.

So, here are some simple exercises to improve your CORE:

1. **Plank:** lie on your stomach, Using elbows and toes (or knees) as your ground points, raise your hips and hold that position.
2. **Bridge:** lie on your back, knees bent, feet flat. Raise your hips so your torso is straight from shoulders to knees. Hold 10 seconds, slowly lower to the floor.
3. **Single Leg Balance:** Stand on your left leg, right hand overhead. Slowly move right hand to left knee or ankle and back again.

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