

Core Strengthening



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Discuss...

What are some examples of ways that you can strengthen your core?

bridge

superman

side

squat

bends

plank

hollow

dish

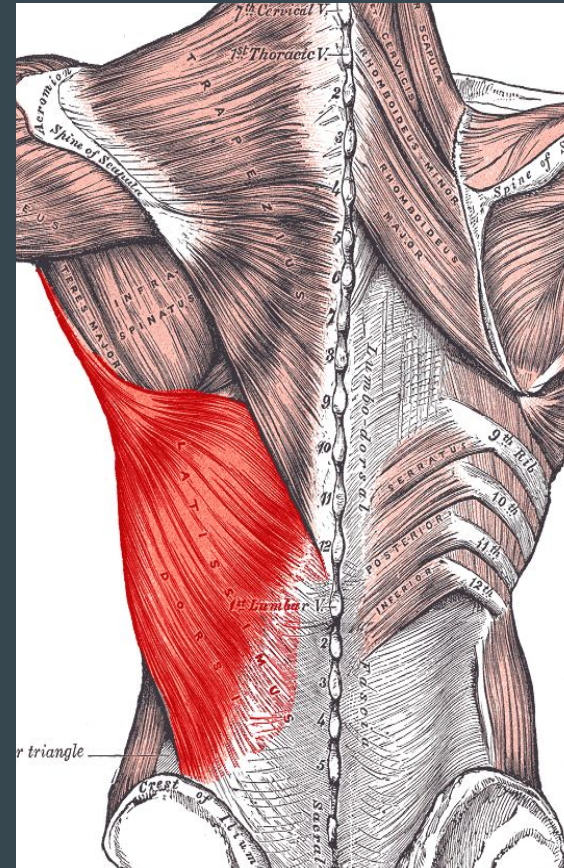
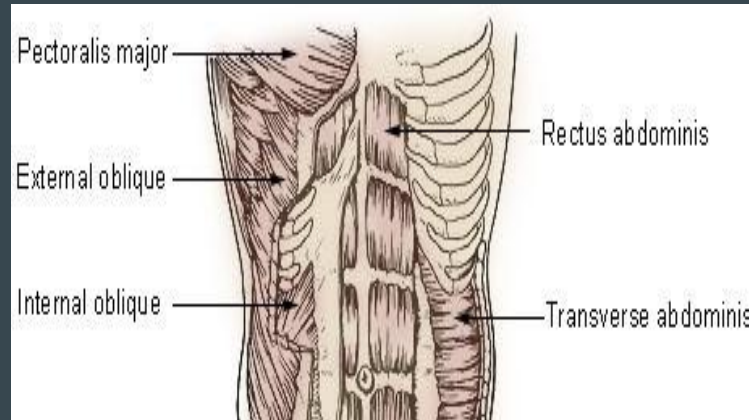
side lifts

What is the Core?

- The Medical Dictionary defined it as “One of the major muscles that stabilizes and controls the pressure inside the trunk; these are the pelvic floor, abdominal wall, back, and diaphragm muscles.”
 - The core is more than just your abdominal muscles; it ranges from the upper legs and glutes to the back muscles

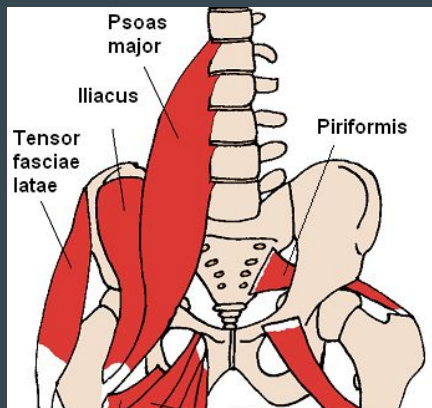
Anatomy of the Core

- The core consists of:
 - Transverse and rectus abdominus
 - Lats (back muscles)
 - Obliques (ribs to upper hips)
 - Hip flexors
 - Abductors
 - Hamstrings



Anatomy of the Core Cont'd

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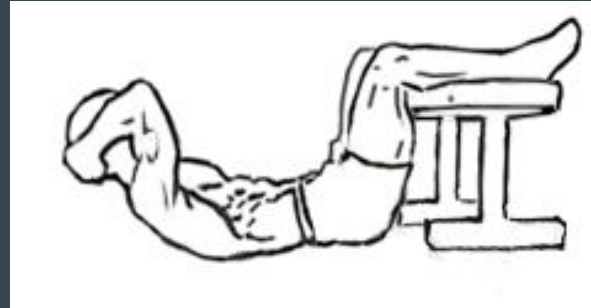
Why is the Core so Important?

- Part of the exercise pillar of health
- Improves balance and stability
- Enables everyday actions:
 - Bending over
 - Sitting at your desk
- Improves body control
- Improves athletic performance
- Reduces injury (absorbs shock)



Ways to Strengthen the Core

- Isometric contraction: holding a position in place for a set amount of time
 - Ex: planks
- Concentric contractions: the initial contraction of muscle, shortening it
 - Ex: going up in a crunch
- Eccentric contractions: the release of the contraction, elongating it again
 - Ex: going back down in the crunch



Hollow Dish Exercise

- Benefits
 - Develops strength in the abdominals
 - Good for gaining flexibility, often used for gymnasts
- Variations
 - Holding the dish (isometric)
 - Rocking back and forth (concentric/eccentric)

Bridges

- Benefits
 - Develop lats and strengthen/conditions spinal muscles
 - Stretches out entire body
 - Improves posture
 - Reduces back pain
- Variations (can be concentric, eccentric, and isometric!!!)
 - Only have your feet and hands touch the floor
 - Have shoulders touch the floor
 - Lift one leg in the air
 - Medicine ball

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