



# CORE TRAINING

Core stabilization exercises challenge the abdominal and back muscles to hold the spine in the appropriate position during movement of the extremities.

***You should consult your physician before beginning any exercise program.***

Examples of core stabilization exercises include work on a stability ball, floor exercises such as a bridge or a superman, and standing exercises that minimize movement in the core while moving the upper- and lower- body. Exercises that focus on movement of the core are also important components of a functional training program because they allow you to practice proper activation timing of those muscles during a movement. The core is involved in almost every movement made in everyday life, work and sport. Core training, which places both stabilizing and motive demands on the abdominal and back muscles, is essential for a successful, functional strength training program.

Examples of core exercises include the following:

1. Crunches
2. Bicycles
3. Reverse crunches
4. Side bridges
5. Sit-ups
6. Back extensions
7. Axe chops