

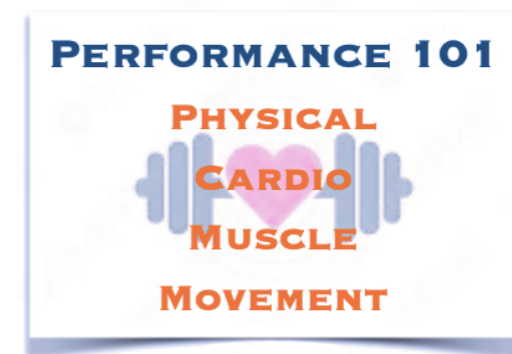
## PERFORMANCE 101: Core Training

**What is Core?** The easiest explanation is everything above the knee and below the chest. **Why is it important?** A developed core allows you to transmit forces throughout your body better. If your core is weak it will be hard for you to transmit the power from your legs to your arms and vice versa, which is critical in activities of daily living and in sports like running and golf. Having a durable, stable core helps us to prevent injuries by sparing the spine from excessive load and preventing falls. The musculature of the core does this by keeping the most efficient and safe position of the spine as well as bearing some of the forces through its musculature and tendons. **What are core exercises?** Many core exercises are isometrics holds versus motions. Examples: Planks, Bridges, Bird Dogs, and Sidebridges. The reason is that the core should be developed to maintain and protect the natural curves of the spine. The best way to do that is through stabilizing isometric exercises. Also, studies have shown that endurance of the core is more important than strength when it comes to protecting the spine. *Isometric ( no motion ) holds develops localized endurance.*

Videos

[Core Training on Floor the 5 essential core exercises](#)

[Core Training Standing](#)



# Essential Core Training 3 or more times a week

Core training is the strengthening and conditioning of the core muscles surrounding the middle of the body—the abdomen, hips, pelvis, and lower back. These muscles protect the spine and are responsible for stabilizing and balancing the body during movement.

(see Do It Right for details)

## 5 Essential Core Exercises

**You Can do Daily. Should do 3 or more times per week.**

**Great Way to Warm Up Body before a workout**

**I highly recommend these exercises to anyone that is following a fitness program**

**If just starting out perform modified version.**



**Planks** (modified on knees)

Hold for > 15-30 seconds for 1-3 sets or 5-10 seconds for 5-10 reps



**Sidebridge** (modified on knees)

Hold for > 15-30 seconds for 1-3 sets or 5-10 seconds for 5-10 reps



**Leg bridge** (modified double leg)

Hold for > 15-30 seconds for 1-3 sets or 5-10 seconds for 5-10 reps



**Bird-dog** (modified raised hand out in front on floor and/or have raises leg knee bent)

Hold for > 15-30 seconds for 1-3 sets or 5-10 seconds for 5-10 reps

**McGill Crunch** with single bent knee 1-3 sets for 10 to 30 reps is a good goal, switch knees after 10-15 reps. Lift shoulders off floor, pause for 1 second, and repeat. Modified-If needed use hands behind head for support.

