



TIP: Core Training

Many of us have a tendency to focus too much on our abdominals (think endless crunches), leaving behind key supporting muscle groups that make up our core. If we're not working our back, shoulders, pelvis, and hips, we're not strengthening our core. To reap the benefits of core strength, we need to target the entire area.

A strong core means more than just awesome six-pack abs. Movement doesn't come from our limbs alone; it also comes from our core. Whether we're lifting weights or packages, running on the treadmill or running for the train, a strong core translates into more power, which means better performance and efficiency.

If our core is weak, we're more likely to hurt ourselves doing basic things outside the gym. We may have incredibly toned abs, but if we never work our back, shoulders and hips, we'll be out of balance and vulnerable to injury. The stronger all of our core muscles are, the less likely it is that we'll suffer from common problems such as low back pain and shoulder tension.

To hit all of our core muscles, we need to perform exercises that challenge our balance, build rotational strength, build isometric strength (holding a muscle's contraction for a period of time), and build isotonic muscle endurance (flexing and extending a muscle for a period of time).

Reference: 24hourfitness.com