

Core the Correct Way

COMMON MISCONCEPTIONS

As many people have heard, core strength is essential for health and wellness. The body's "core" is made up of major muscles within the torso, not just the abs. These are the areas/muscles that are incorporated within the core:

- **Abdominals**
- **Obliques**
- **Lower Back Muscles**
- **Glutes**
- **Shoulder/Neck Area**

CORE ENGAGEMENT

The core is the central part of the body designed for stability. Proper core engagement during exercise will decrease risk of injury and increase the mind-muscle connection.

To correctly brace your core:

- **Take a deep breath**
- **Exhale, tightening your while doing so**
- **Squeeze the glutes**
- **Try to make the body rigid/stiff**
- **Remember to pace your breathing!**

Quick Core Workout! 3 Rounds!

- **60 Sec. Plank**
- **30 Sec. Russian Twists**
- **15 Crunches**
- **20 Bird-Dogs**

