Get to the Core of it All

Core training will build muscles that make it easier to do many physical activities. The muscles in your pelvis, lower back, hips and abdomen comprise the core, and working them regularly aids in balance and stability whether on a playing field or in everyday movement:

Crunches

Lie on your back on the floor. Bend your knees with feet flat on the floor. With hands tucked behind your head, lift shoulders towards the ceiling and pause at the peak. Ease back to the starting position and repeat.

V Ups

To target your upper abdominals, lie faceup with legs and arms extended. Keeping knees and elbows locked, simultaneously raise upper body and lower body while trying to touch fingers to toes.

Planking

Get into pushup position on the floor. Now bend your elbows 90 degrees and rest your weight on your forearms. Your elbows should be directly beneath your shoulders, and your body should form a straight line from your head to your feet. Hold the position for as long as you can. Your goal should be to hold it for two minutes, but start at 45 seconds.

Russian Twist

For the Obliques, sit on the floor, knees bent and feet flat. Hold arms straight out in front of chest, with palms facing down. Lean back so that your torso is at a 45-degree angle to the floor. Twist to the right as far as you can, pause, then reverse movement and twist to the left.

Remember, the Core is Your Foundation!