



STRENGTHEN YOUR CORE

Maintaining a strong core is extremely important because your core is where all of the movement in your body originates. Building your core will help you gain strength and stability, which will allow you to increase weight in your weights workout routine, maintain good posture when performing exercises and improve your ability to bend, twist and turn while playing sports.

For best results:

- Stick with exercises that work your core muscles simultaneously. The best core exercises force your muscles to work together at the same time.
- Focus on proper technique, not the number of repetitions. Good technique is key in core strengthen exercises. Doing the exercise a few times correctly will yield better results than doing the same exercise multiple times the wrong way.
- Practice breathing correctly. When working out your core, it is important to breathe slow and steadily. Many people naturally hold their breath during core exercises, but continuous breathing is important.
- Switch exercises when your muscles get bored or tired. Changing up the routine will force your muscles to work together in new ways.

DON'T FORGET TO STRETCH!