**CORE TRAINING**

16 STATIONS



**GRISSOM MIDDLE SCHOOL**

**PHYSICAL EDUCATION**

**FITNESS FOR LIFE**

**MS. MCLEAN**

**CORE TRAINING**

Six-pack, eight-pack, washboard, whatever you want to call it, your [core](http://www.bodybuilding.com/fun/bbinfo.php?page=CoreTraining) is the centerpiece for any muscular physique. It is the eye-catcher for the opposite sex.

A muscular and well-defined core shows both [strength](http://www.bodybuilding.com/fun/bbinfo.php?page=Strength) and health. Both guys and gals strive to have a strong, toned midsection, but very few of them ever achieve getting one. If you have been looking for the perfect program to get you the tight, strong core you always looked for, look no farther.

The core is composed of four different parts. Below, I will discuss where each is located, what its function is in the body, and also a couple exercises you can do to stimulate the muscle.

**Abdominals**

**Rectus Abdominus:**

* **Location:** Covers the front area from sternum all the way down to the pelvis bone. Often referred to as the six-pack.
* **Function:** Pulls the upper torso to the hips
* **Exercises:** Crunches or Sit-up, Flutter Kicks, Superman,

**Oblique:**

* **Location:** Side of the waist.
	+ Internal Oblique’s-located under the external oblique’s, running in the opposite direction.
	+ Transverse Oblique’s-located under the oblique’s it is the deepest of the abdominal muscles and wraps around your spine for protection and stability.
	+ External Oblique’s-located on the side and front of the abdomen.
* **Function:** Tilt and twist the torso
* **Exercises:** Side Bends, Leg Lifts, Crunches, Russian Twist, Elbow to Knee, Reverse Crunches

**Intercostals:**

* **Location:** Between the side of the rib cage. It comes into play when you flex the torso and twist from side to side.
* **Function:** Elevation and depression of the ribs
* **Exercise:** Air Bike

**Serratus:**

* **Location:** Between front abs and lats.
* **Function:** Pulling of the scapula forward and around like in the motion of throwing a punch
* **Exercises:** Barbell Pullovers and Cable Crunches

## Rep Ranges

The core is made up of primarily fast-twitch [muscle fibers](http://www.bodybuilding.com/fun/bbinfo.php?page=MuscleFiber). Fast-twitch muscle fibers are denser than their counterparts (the slow-twitch muscle fibers). Hence, hard, heavy, and explosive bouts of exercise will stimulate fast-twitch fibers a lot more.

This means that core training should be in the moderate rep range for best growth. No more endless reps of crunches and sit-ups like you've done in the past. Focus on sets in the 8-15 rep range.

### Benefits of Good Core Strength

* **A Strong Core Reduces Back Pain**
Abdominals get all the credit for protecting the back and being the foundation of strength, but they are only a small part of what makes up the core. In fact, it is weak and unbalanced core muscles that are linked to low back pain. Weak core muscles result in a loss of the appropriate lumbar curve and a swayback posture. Stronger, balanced core muscles help maintain appropriate posture and reduce strain on the spine.
* **A Strong Core Improves Athletic Performance**
Because the muscles of the trunk and torso stabilize the spine from the pelvis to the neck and shoulder, they allow the transfer of power to the arms and legs. All powerful movements originate from the center of the body out, and never from the limbs alone. Before any powerful, rapid muscle contractions can occur in the extremities, the spine must be solid and stable and the more stable the core, the most powerful the extremities can contract.
* **A Strong Core Improves Postural Imbalances**
Training the muscles of the core helps correct postural imbalances that can lead to injuries. The biggest benefit of core training is to develop functional fitness; the type of fitness that is essential to daily living and regular activities.

**AIR BIKE**



**REVERSE CRUNCHES**



SUPERMAN



FLUTTER KICKS



LEG LIFTS



SIT UPS



RUSSIAN TWIST



SIDE BENDS



ELBOWS TO KNEES



SCISSORS



JACK KNIFE



BURPEES



STABILITY CRUNCHES



BRIDGES

 

PLANKS



SIDE PLANKS



MOUNTAIN CLIMBERS



STABILITY BALL ROLL UPS

