



GETTING TO THE CORE OF THE MATTER

--Let's See What Your Body Has to Say! (Part 1)
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o GETTING TO THE CORE OF THE MATTER

The \$1,000,000 Question Nobody Seems to Ask...

o *What does your core do in real life?*

That's really at the heart of this whole core training thing. First we must ask how your core is activated in your day to day tasks...and for athletes in their sports movements.

- Where on MOSTABILITY spectrum are your sport demands?
 - More on **stabilizing** end of spectrum?
 - Little to no motion, lots of control (boxing out in basketball, base in cheerleading, lineman blocking...)
 - More on **controlled motion** end of spectrum?
 - Motion dominant trunk (golf swing, batting, tennis swing...)
- How does your core get loaded or stimulated?
 - Gravity? (diving for ground ball, getting out of bed, gymnast...)
 - By Speed of Motion or Momentum? (swing bat or racquet, backhandsprings, reach for a ball...)
 - By Length or Stretch (tennis serve, throw ball, kick soccer ball...)

HAVE YOU ANSWERED THE \$1,000,000 QUESTION ABOUT YOUR CORE?

In your sport

...Does your core do more **STABILIZING** or more **MOVING**?

...Is your core loaded by **Gravity**, by **Speed of Motion**, **Stretch**?



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