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Core Strength Training KEY POINTS The core musculature includes the muscles of the trunk and pelvis that are responsible for maintaining the stability of the spine and pelvis and are critical for the transfer of energy from large to small body parts during many sport activities.

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CORE BODY STRENGTH EXERCISES. FOR SWIMMERS “Strength and Muscle Control in the shoulders, upper-back, abdominal and hip regions is an essential component of

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It is imperative for every athlete as well as non-athletes to have a strong core. The core is comprised of many different muscles including the rectus abdominis, internal and external obliques, quadratus lumborum, transversus abdominis, gluteal muscles and iliopsoas. It helps to stabilize and prevent excessive movement of the pelvis.

core strength guide - SMI “ Sports Medicine Institute

Body weight exercises are very effective for developing core strength. They are also the type of exercises many athletes and coaches rely on for regular core training.

Core Strength Training - Dr. Daniel Park Michigan

Working your abdominals in high rep isolation movements will do as much for your core strength as doing light cable chest flys would do to increase your bench press. For a weightlifter, the most important role the core plays is to provide stability between the upper and lower body during heavy lifting.

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