



Real Core Strength Part I

By

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The term “core strength” is thrown around a lot in training literature these days. Much of the talk about core strength is centered on 1. It is good, 2. You should have it because it is good, 3. It will protect your lower back, 4. Start taking your core training more seriously because it will protect your lower back – but the subject of core strength pretty much ends there. Most people, after listening to this radical insight into strength training, say to themselves: “I need to start doing sit-ups!” That is why I wrote this article. The following is a comprehensive look at what core strength is, what it is not, some specific applications of it, and how to train for it.