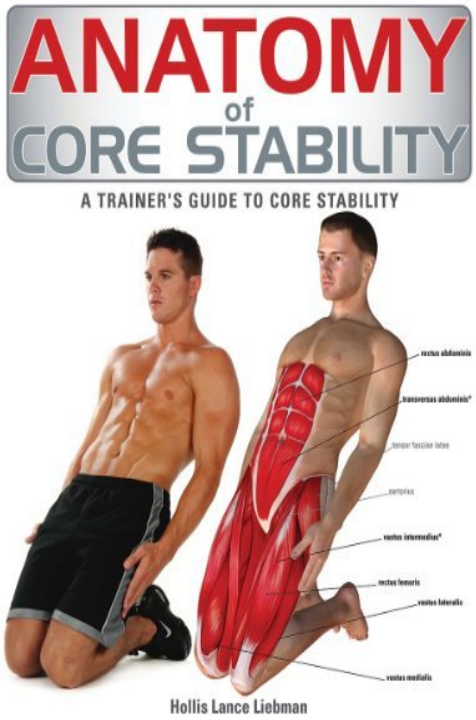
Read Anatomy of Core Stability: A Trainer's Guide to Core Stability EPUB PDF



Author : Hollis Liebman
Language : English
ISBN : 1770851704
Number of pages : 160 pages
Editor : Firefly Books
Date of Publication : Feb 14th, 2013

Book Description

A strong, stable core is the foundation of virtually all physical efforts. Pilates and yoga practitioners as well as dedicated athletes are familiar with the concept of "core stability." They understand its importance in achieving and maintaining superior fitness. A strong and stable core improves athletic performance, increases power and endurance, reduces stress on the body and minimizes the chances of injury. It helps to improve balance and posture, alleviates back pain and minimizes fatigue. Even everyday actions are easier, whether climbing stairs or lifting a box or holding a baby. The muscles most responsible for core stability run the length of the trunk and torso. They include the famous "six pack" abdominal muscles, the muscles that underlie the spinal column and neck and which help to rotate the back, the oblique muscles, and the muscles of the hips and thighs. Exercises designed specifically to address these muscles are the only way to build a stable core. Anatomy of Core Stability features such exercises. They are designed to work the entire core musculature, from the major muscles in the abdomen, spine, lower back, torso, hips and thighs, which endure the greater effort, to the smaller assisting muscles, which support the larger. Many exercises use inexpensive equipment such as a stability ball, medicine ball, free weights and wobble board. American Reference Books Annual praised this series' first book, Anatomy of Exercise, as "fascinating" and recommended