



CORE

The core transfers the forces between your upper and lower extremities. The core and limbs need to be strong and stable before any form of movement can happen through the limbs so, the stronger you make your core, the more efficient and stronger your movements will be.

Your core comprises of more than just your abs and can be split into two categories: stabilisers and movers. Think of your core muscles as any muscle that are attached to the spine.

STABILISERS

- Transverse Abdominalis
- Internal Obliques
- Lumbar
- Multifidus Pelvic floor muscles
- Diaphragm
- Transverse spinalis

MOVERS

- Rectus Abdominis
- External Obliques
- Erector Spinae
- Latissimus Dorsi
- Hamstrings
- Hip abductors and adductors