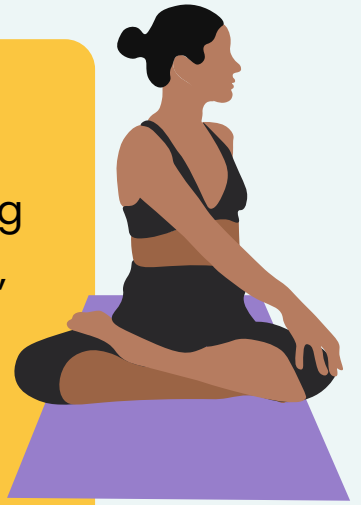


# CORE EXERCISES FOR STRENGTH AND STABILITY

## WHAT IS THE CORE?

1

- The core comprises 29 muscles, including abdominals, obliques, lower back, glutes, and hip flexors.
- Divided into inner core (stability) and outer core (mobility) muscles.



## IMPORTANCE OF THE CORE

2

- Acts as a foundation for balance, stability, and movement.
- Supports trunk, protects spine, and prevents injury.
- Enhances posture, athletic performance, and reduces back pain.



## SIX-PACK ABS MYTH

3

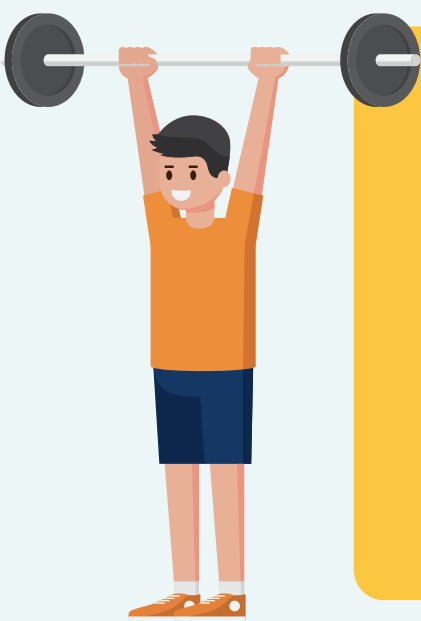
- Visible abs result from weight loss and overall core strength.
- Overemphasis on crunches may lead to spine strain and muscle imbalance.



## RECOMMENDED EXERCISES

4

- Abdominal bracing and hollowing for inner core activation.
- Body weight exercises like bird-dog, bridge, plank, side plank, and Superman.
- Dynamic functional exercises with free weights.



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