

CORE TRAINING

In order for an athlete of any level to perform, core strength must first be established. This may be considered as the muscles between the knee and the sternum that maintain upper body stability.

- Core strength is essential in providing balance, coordination, upper/lower body strength, agility, and explosive power that comes with sport and competition.
- By building this foundation, an athlete will have developed the region of the body most responsible for improving overall athletic performance.