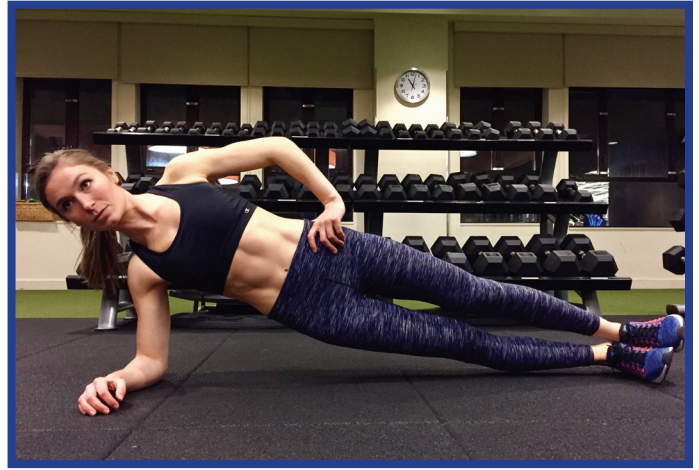


TAKING CORE EXERCISES **BEYOND** THE CRUNCH

It's not uncommon to see ideally toned abs as one of the goals on a workout plan, but it's vital to understand the value of going beyond the abdominals and strengthening the entire core.



Before diving into dealing with the appearance of your midsection, you must recognize the importance of the core. The core is comprised of the abdominals, the lower back, the obliques, and even the hips and butt. When this area becomes stronger, it is easier to build up the muscles on the extremities. A strong core also helps to stabilize your spine, vertebrae, and discs which significantly reduce back pain. This plays a major role for those who have jobs that require sitting for 8-10 hours a day. Ultimately, improving posture, stability, and increasing core strength will result in fat loss over time.



Salmon (and other fish and shellfish) is nutrient dense and a great source of protein, vitamins and minerals, like potassium and vitamin B12.

Salmon and other oily fish are also great sources of omega-3 fatty acids, which help contribute to healthy brain function, the heart, joints and general well-being.¹

The typical crunch exercise has been around for decades. Yes, you are targeting your core muscles, but is it the only way to get results? Not at all. The core is used during every single exercise performed. Keep in mind, the core is the stable block that supports the arms and legs. Without it, there would be no movement. When there is movement, the core muscles are being used to control that motion. A great example of an exercise that works the entire core is the plank. Holding your body in this position involves activating every muscle in the targeted area as well as your upper and lower body. As discussed earlier this month, when it comes to total body workouts, the maximum amount of muscles used will result in the maximum outcome.

Aside from getting stronger, the appearance of your core is highly dependent on your diet. It is so important to continually eat healthy, nutrient-dense foods to impact the appearance of the core. No matter how much core work you do, great looking abs are not guaranteed if sweets and desserts are a constant part of your daily food intake.

Wrapping Up:

- Cut sugar and processed carbs and focus on eating a clean diet.
- Include a variety of core exercises in your workouts. Keep your body guessing to keep it changing!
- Keep your core tight and contracted when doing upper and lower body strength training. Using your abdominal muscles as stabilizers can fast track your results and keep you injury free.



ROCKSTAR FIT PRO TOUR

Connect with us



www.globalfit.com

GlobalFit®

Sources:

1. <https://www.bbcgoodfood.com/howto/guide/ingredient-focus-salmon>