






Muscles as Movers: Trunk/Core



Core

Exercise	Why it Made the List
<p>Plank</p> 	<p>Planks will make the list of great core exercises for years to come. They're effective and require a small investment for substantial results. This exercise works transverse abdominis, obliques, and rectus abdominis all while decreasing your risk of back injury.</p>
<p>Deadbug</p> 	<p>This exercise is key to a bullet proof core. Be sure not to allow your low back to arch; keep it flat on the ground. That is more important than if your leg can reach the ground.</p>
<p>Half Kneeling Woodchop</p> 	<p>Often called chop and lifts, these exercises are crucial to include in your program for the transverse plane. Our core works to prevent us from rotating too far, decreasing risk of injury to the spine.</p>
<p>Leg Raise</p> 	<p>This is a stability and lower abdominal exercise. Again, try to keep your low back flat on the ground, don't allow it to arch.</p>
<p>Palloff Press</p> 	<p>Remember our core works to prevent too much rotation. This is an isometric core exercise while moving arms in and out. One of my favorites for total body stability and should be in everyone's program.</p>