

Core Strengthening

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What is your “Core?”

Your “Core” is not simply abdominal and lumbar muscles, but a full scope of muscles which work together to stabilize your spine and allow you to function safely in everyday activities. It includes all the muscles around your thoracic area, the muscles that cross your hips, and the abdominal and lumbar muscles.

Movements

Thoracic, Abdominal, Lumbar Specific Movements: These movements help you learn to stabilize the area around your spine and hips, which will improve your ability to do more functional, ground-based, multi-joint movements.

Why is “Core” strengthening important?

Simply put, the stronger you are, the easier every day tasks become. Strengthening the core through particular movements will make daily activities easier and you less susceptible to injury.

References

[CrossFit at-home supermans](#)
[CrossFit at-home L-sits and side plank](#)
[CrossFit at-home seated leg raise](#)
[CrossFit at-home static holds](#)

Squat: A squat is a ground-based, multi-joint, functional movement that activates the quads, glutes, hamstrings, and many other core muscles. It requires stabilization of the spine (abdominals, lumbar, thoracic) to be performed correctly with or without load. You do a variation of a squat each time we get on and off a chair, bed, or couch; or in-and-out of a car.

References

[CrossFit at-home door frame squat](#) [CrossFit at-home air squat](#) [CrossFit at-home bag squat](#)

Lunge: A lunge is ground based, multi-joint, functional movement that is essential for human everyday function. A lunge activates quads, glutes, hamstrings and many other core muscles, as it requires stabilization of the spine (abdominals, lumbar, thoracic) to be performed correctly with or without load. The lunge can help with getting up off the floor, kneeling down to pick something up off the floor, and going up stairs.

References

[CrossFit at-home lunges](#) [CrossFit at-home back step lunge](#)

Pull: A pull is a movement that works your upper-back muscles, to help stabilize the spine to create (or keep) good posture. A pull also works the biceps, and assists with everyday functional tasks like opening a refrigerator door or a car door, or pulling yourself up off the floor.

References

[CrossFit at-home bent-over rows](#) [CrossFit at-home single-arm row](#)

Push-up: A push-up is movement that works the pectorals, triceps, and thoracic muscles, which requires a significant amount of abdominal and lumbar stabilization to be performed correctly. They help with general upper-body strength, and getting up and down from the floor.

References

[CrossFit at-home couch push ups](#)