



Technical Lifting Class Lifting Weights For Core Stability & Strength

By

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You've Got The Core Wrong

Core stability was a buzz word in the fitness industry for ages. Unfortunately when classes were constructed they generally worked the **Rectus Abdominis** and totally ignored all the other muscle of the core like the **Transverse Abdominis, Internal & External Obliques, Pelvic Floor, Multifidus, Erector Spinae, Longissimus Thoracis & Diaphragm**. I'd also include **Gluteus Maximus, Latissimus Dorsi, Trapezium & Iliopsoas**. The core muscle are everything from spine to spine and any other muscle round that area that create structure.

Another thing I hear a lot from personal trainers is "**You have a weak core**". This is a really silly statement because if your core was as dangerously weak as they make it sound you wouldn't be able to stand upright. You use your core for pretty much every activity you perform. In my opinion most issues with the core are either imbalance or inability to create motor unit activation in the right order.

So do we need to work the core separately? Yes, sometimes if there is an issue with imbalance and inability to create **motor unit activation (MUA)**. This means the area should be isolated for working out.

What the Cores Function

The cores main responsibility for the prevention of unnecessary movement & transferring force between upper and lower body. Both these functions stop the transfer of force to the spine which is where injury often occurs.

As I mentioned above the Glutes & the muscles of the upper back play a big part in stabilising the structures of the core and they all need to work together to create a '**Strong Core**'.

Dr Vladimir Janda was a Czech Physiologist who developed a way of assessing the core known as the **Janda Upper or Lower Cross**. Depending which of the two ways you are would depend on your issues with the core.



Six-Pack & The Core Workout

I'm sure by now most people know that a core or stomach workout does not give you six pack abdominals. We all have abdominals from a fitness cover model through to the fattest man in Mexico but until you reduce the fat in that area then you are not going to see the six pack that most people desire. Spot fat reduction does not exist in any way shape or form for any body part.



How To Train The Core For Stability & Strengthening

There are 4 main ways to train the core for function. Remember from what I said about the core. There is more to the care than just the Rectus Abdominis so work the whole area.

Do Anti Extension Exercises

These resist extension of the spine like **rolling your lower back**.

Theses include exercises like - Planks, Ab Rollouts, Stability Ball Roll Outs and Ab Wheel Rollouts

Do Anti Lateral Flexion Exercises

The goal of these exercises is to prevent the body moving sideways. This is to strengthen movements usually performed by the **Quadratus Lumborum (QL) & Obliques**.

Theses include exercises like - Suit Case Deadlifts, Single Arm Planks or Bridges, One Handed Carries. This does not include Dumbbell side bends. Please do not let me see you do them as they can actually cause damage.

Do Anti Rotational Exercises Anti Rotation exercises purpose is to stop through resistance the rotation of the **Lumbar spine**. Very often in a gym you will see someone rotating at high speed thinking in the back of their mind that they're improving at a sport like golf. Unless you are looking to herniate a disk or walk like one leg is longer than the other then refrain from doing this stupidity. If for what ever reason you need dynamic rotation for sport or mobility this can be obtain through building foundational strength through **anti rotational stability**.

Theses include exercises like - Pallof Press, Half Kneeling Iso Holds, Half Kneeling Rotations plus dumbbell renegade rows.

Work On Glute & Upper Back Strength As I mention above the glute also aid stability of spine. If you don't include these in your routine then you are not giving the core a complete routine.

Rep Scheme

The muscle of the core are endurance muscles as they are working all the time to stabilise the body and brace during movement. Very similar muscle are in the calves and fore arms.

When selecting rep schemes for the stomach you should work several strength qualities as the stomach has a high capacity for recovery.

Select both **6-10 reps** for strength and higher reps **10-25 reps** to work endurance during the same exercise.

