

DORMINEY STRONG



"If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges." - Pat Riley

ABsolute Bottom Line



I often struggled with back pain early on as a high school athlete. Over the years, I have studied Dr. Stuart McGill, one of the leading back health researchers, and found different ways to train the abdominals for better sports performance and in a more spine-conserving way (McGill sit-up, shown above).

I like to incorporate a variety of exercises to strengthen the abdominals. Keeping the abs in check allows for better overall muscle recruitment, range of motion, balance and movement efficiency.

For rotational sport athletes like golfers or tennis players it is very important to have strong abs in order to help store and recover elastic energy, control pelvic and thoracic rotation, account for the cumulative stresses from high-velocity swinging, and optimize force transmission through the linkages and into the grip. Timing, placement, and selection of the ab exercises are all key factors and will vary from individual to individual.