

# Core Stability Exercises

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Speaking broadly, you have four core stability exercise categories: anterior core stability, posterior core stability, lateral core stability, and rotary core stability.

**Anterior core stability exercises** teach the body to resist excessive lumbar spine extension (arching), and encompass a variety of drills, starting with bent/straight leg ab crunches, prone planks, all the way up to advanced exercises like stability ball roll outs.

**Posterior core stability exercises** train the body to resist excessive lumbar spine flexion (rounding). These drills include everything from the bird dog all the way up to more conventional strength training exercises like dead lift variations and hip extension.

**Lateral core stability exercises** teach you how to resist lateral flexion; in other words, your goal is to avoid tipping over. These drills start with basic 1-arm carrying and progress all the way up to more advanced drills like side plank variations.

**Rotary core stability exercises** teach you to resist excessive rotation through the lumbar spine. Examples include drills like anti-rotation, lifts, and chops.