EXERCISE SESSION (NEW INVENTION)
360° TITANIUM CORE STRENGTH EXERCISE ®

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Abstract

Core strength training differs from many traditional weight training routines by working both the lower back and abdominals in unison. The new invention - 360° TitaniUM Core Strength Exercise® is a new sequence of exercises to strengthen the whole core region muscles. It is easy to remember with no specific equipment needed to carry out this exercise. It is suitable for all athletes and non-athletes, regardless of gender and age. The structured sequence of exercises (12 exercises, continually with just two-turns) would enable the practitioners to experience greater efficiency of movement; improved body control and balance; increased power output from both the core musculature and peripheral muscles such as the shoulders, arms and legs; reduced risk of injury (the core muscles act as shock absorbers for jumps and rebounds etc.); improved balance and stability; and improved overall athletic performance. The whole training session will take approximately less than one hour, duration for this session will follow the progression principles, first set all participants will be performed 10 seconds/exercise, 2nd set is 15 seconds/set and final set will be performed at 20 seconds/exercise. The book related to this New Invention of exercise is available for your future references (Figure 1).