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BENEFITS OF CORE STRENGTH EXERCISE ON BALANCE STABILITY

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Abstract

This paper will be described the location of Core Muscles in human body at the beginning. The core represents the connection between lower and upper limbs and should be considered as a functional unit in which different muscles interact, even if not located in the thoraco-lumbar region (such as shoulders and pelvic muscles). Core muscle strength is an important pre-requisite for all athletes and core strength training differs from many traditional weight training routines by working both the lower back and abdominals in unison. Balance stability is determined by the ability of the human body to keep the vertical position at rest, while walking, running or during other physical activities. The balance stability is the ability to maintain static or dynamic position of the body. Study showed that core strength and endurance training program two times per week for six weeks led to significant enhancements in 3 different core endurance tests (back extensor endurance, flexor endurance, and lateral musculature endurance) in ten untrained college students. The important of core strength exercise to the older adults also will be defined in relation to balance stability on functional activities to reduce risks of fall. Final part of this paper is sharing the new 360° Titanium Core Strength Exercise®, it is a new sequence of exercises to strengthen the core region muscles, easy to remember with no specific equipment needed to carry out this exercise. Most importantly this exercise is suitable for all athletes and non-athletes. The structured sequence of exercises would enable the practitioners to experience greater efficiency of movement; improved body control, balance and stability; increased power output from both the core musculature and peripheral muscles such as the shoulders, arms and legs; reduced risk of injury and improved overall athletic performance.

Key words: Core Strength, Balance Stability, 360° Titanium Core Strength Exercise®