

5 Myths About Core Training



by **Rick Kaselj**

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Table of Contents

Table of Contents	2
Exercise Considerations	3
Disclaimer	3
Preface.....	4
5 Myths About Core Training.....	5
Myth #1 - Core Training is 6-Pack Training.....	6
Myth #2 - Quantity versus Quality	7
Myth #3 - Doing Core Exercises Will Flatten Your Stomach	8
Myth #4 - A Strong Core Will Eliminate Back Pain	9
Myth #5 - Core Stability has not changed Since 1996.....	10
Last Word on the Myths About Core Training	11
For more information, read Core Stability of the Back.....	12
About Rick Kaselj.....	13
About Healing Through Movement.....	15
Other Books from Rick Kaselj	18

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Exercise Considerations

It is encouraged that you consult with your physician before following any of the advice in this book. Your physician will determine which exercises are appropriate for you and determine if there are any exercises that should be avoided or modified.

Disclaimer

5 Myths About Core Training is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you have or suspect you have a health problem, please seek the services of your physician or health care professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescription are inevitable. The author has checked with sources believed to be reliable in his efforts to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. The health of all of us will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle.

Contact Me

Please let me know what you think of this book. Visit www.HealingThroughMovement.com or e-mail me at rkaselj@HealingThroughMovement.com . Your feedback and ideas will help with the content of future editions and books.

Rick Kaselj

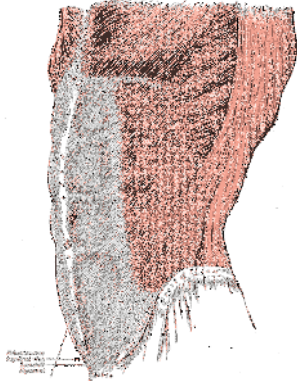
5 Myths About Core Training



training you need to know.

The buzz word that has worked its way from the medical community to the public is **core training**. Most health, fitness, rehabilitation and sports professionals advise people to do some type of core training in order to recover from an injury, for overall health and for sports performance. Even though core training is important there are 5 myths about core

Myth #1 - Core Training is 6-Pack Training



The Core Is More Than Just Your 6-Pack

The core is made up of two layers, the deep and superficial layers. The deep layer muscles are attached to the spine and pelvis. They help provide support to the spine and pelvis when they are active and contracting. The superficial layer are the muscles that we can see and feel that wrap around the lower back. Core training focus on the deep and superficial layers. Crunches or 6-packing training only focus on one of the superficial muscles and ignores the deep muscle layer and all the other superficial muscles. You need to work the deep and superficial layer muscles in order to get a true core workout and no one exercise targets all these muscles.

Myth #2 - Quantity versus Quality



**It is More Effective to do 10
Perfect Core Exercises, Than 100
Crunches**

Many people will say they perform 1000 crunches a day in order to work on their core. It more important to perform 15 repetitions that focus on perfect technique and target the right muscle compared to using cheating muscle to get the number you are looking for. Remember, quality over quantity. If you want to get the results of a strong core, focus on quality. If you want to impress your friends, focus on quantity.

Myth #3 - Doing Core Exercises Will Flatten Your Stomach



**Exercise and Healthy
Eating are the Keys to Flat
Stomach, Not More
Crunches**

Between your skin and your abdominals there is adipose tissue. These are cells that store fat so your body has storage of energy in a time of starvation. Very much like a camel that has the two humps on their back where they store water for when there is not water available. If you strengthen your abdominals, you will make the abdominals bigger but you still will have fat tissue in the way. If you want to flatten your stomach a well designed exercise program and nutritional program will get you there faster than doing core exercises.

Myth #4 - A Strong Core Will Eliminate Back Pain



A Strong Core Is Important for A Pain-free Back but Not The Only Thing One Needs to Do

A strong core is important for a pain-free but it is not the only thing that is needed. The core stabilizers need the endurance and proper firing. The core muscles need to have the endurance to contract at a low force level for a long time. The core muscles need to activate prior to any arm and leg movement in order to stabilize the lumbo-pelvic-hip complex and efficiently transmit force from the upper and lower body and vice versa. A strong core is only one part of a pain-free back. You need good posture, efficient movement, good cardiovascular fitness and flexibility to have a pain-free back.

Myth #5 - Core Stability has not changed Since 1996



Computers Have Come a Long Way and So Has Core Training

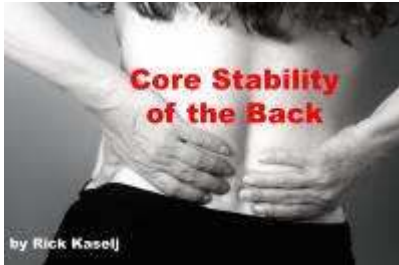
What kind of computer did you have 1996? Has your computer changed since 1996? The obvious answer is yes. Core stability has evolved as fast as computers have since 1996. At the start, the concept of core stability was applied to all. As clinical experience and research developed with time so has the application of core stability based on the client and goal of the client. As it has been difficult to keep up with all of the changes in computers, it has been difficult for many professions that provide guidance on exercise, to stay up on the latest in core stability. It is best to find someone that has a strong interest in your situation and can help you reach your goal. For example, you would never go to the orthotics guy if you need your knee replaced.

Last Word on the Myths About Core Training

Now that you know the 5 myths of core stability, you are better informed on getting the result you are looking for. Remember, training the 6-pack only works one of the muscles of the core, doing 15 perfect core exercises is better than 1000, core exercises along with exercise and nutritional program will get you your flat stomach, core stability is one piece of the puzzle for a pain-free back and core stability has come a long ways since 1996 and what is appropriate for one goal is not for another.

For more information, read *Core Stability of the Back*

Core Stability of the Back



Core stability muscles play an important role in all activities of daily living. They enable us to perform the simplest of activities and help us maintain good posture. When ignored, however, core stability muscles become weak and the risk of lower back pain and instability increases. In the *Core Stability of the Back* book you will learn about the key muscles of the core, how to locate these muscles in the body, how to activate them and an effective program to create a strong and stable back. To order this book, visit www.CoreStabilityoftheBack.com

About Rick Kaselj**Rick Kaselj, MS., B.Sc., PK, CPT, CEP, CES**

Rick Kaselj specializes in active rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, kinesiologists and healthcare providers.

These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225-km Ironman Canada Triathlon and the 160-km Sea2Summit Adventure Race in Whistler, BC.

He recently hiked 4,300 kilometres along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5000 kilometre *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveller, Rick

has toured three continents and visited 17 countries.

In 1997, he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick completed his Masters of Science degree in Exercise Science in 2008. His masters project focused on effective exercise design for recovering of the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit

www.HealingThroughMovement.com

About Healing Through Movement

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Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

How Healing Through Movement can help you:

Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

Adaptive Fitness – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of Hiking the 4300 Km Pacific Crest Trail, Cycling Cuba and Cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

Endurance Training – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon or adventure race.

Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

Expedition Training – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program, to help accomplish your hiking, biking or kayaking dream.

Personal Training – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

Post Rehabilitation – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

Pool Therapy – Using the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

Where can Healing Through Movement meet me:

In Person – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

Phone / On-line Training – More clients are meeting with Healing Through Movement over the phone or through e-mail to reach their health, fitness, training, sport, travel or rehabilitation goals.



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Other Books from Rick Kaselj

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***Core Stability of the Back***

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Also Available:

- Soft Cover Book
 - Book on CD
 - Audio Workout CD
 - Home DVD
-

***Your Stability Ball Exercise Guide***

You bought a stability ball, now what? This guide will take you through 23 exercises that target your legs, chest, back and abdominals. The guide includes two stability ball workouts you can follow based on your fitness level and a stretch routine you can do with the stability ball.

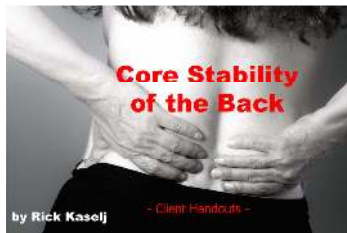
***The Most Effective Gluteus Maximus Exercises***

A common area that people want to exercise is their gluteus. There are a number of common exercises people do but recent research has determined which gluteus exercises are the most effective. This guide will help you learn about the most common gluteus exercises and which ones are the most effective in working your gluteus maximus, hamstrings and gluteus medius.



How to Save Money on Fitness Equipment

The value of the Canadian dollar has been rising for the last two years, making it stand to reason that the cost of fitness equipment would go down in Canada. Fitness equipment has been shown to be as much as 50% more expensive in Canada compared to the USA. How to Save Money on Fitness Equipment explain why Canadian are paying more, teaches you 22 ways you can save on your next fitness equipment purchase and provides you with a comprehensive list of companies that sell fitness equipment.



Core Stability of the Back - Client Handout -

This is a book that Fitness & Rehabilitation Professionals can use as an education tool for their clients. The book contains 35 Core Stability of the Back client handouts which is a one page handout that has a brief description of what core stability is and on the back side of the page a core stability home program that clients can follow. No more stick men or clients not remembering. This handout will remind them of what core stability is, how they should perform the exercises and a core stability program they can do at home.

To order these books, visit www.FitnessRehabPublishing.com