



5 MYTHS ABOUT ABS AND CORE

MYTH 1

THE ABDOMINALS MAKE UP YOUR CORE.

WELL, NOT QUITE. THE ABDOMINALS ARE JUST ONE PIECE OF THE PUZZLE. YOUR TRUE CORE IS MADE UP OF MULTIPLE GROUPS OF MUSCLES THAT ATTACH TO THE PELVIS, HIPS, AND SPINE, NOT JUST THE ABDOMINALS. THIS INCLUDES THE DIAPHRAGM, PELVIC FLOOR, DEEP ABDOMINAL MUSCLES, AND DEEP SPINAL MUSCLES.

MYTH 2

CORE ISOLATION EXERCISES ARE THE BEST WAY TO STRENGTHEN MY BACK

ISOLATION EXERCISES SERVE THEIR PURPOSE, HOWEVER, YOUR CORE IS DESIGNED TO BRACE AND SUPPORT YOUR SPINE AS YOU PERFORM MOVEMENTS LIKE WALKING, RUNNING, BENDING OVER, PUSHING, PULLING, AND ROTATION/TWISTING.

THE BEST WAY TO STRENGTHEN YOUR BACK AND ENGAGE YOUR CORE IS TO FOCUS ON YOUR BREATHING AS YOU EXERT EFFORT DURING MOVEMENT. STRONG AND INTENTIONAL EXHALATION DURING MOVEMENT ACTIVATES YOUR PELVIC FLOOR AND BALANCES YOUR INTRA-ABDOMINAL PRESSURE TO STABILIZE AND PROTECT YOUR SPINE WHILE YOU MOVE.

COMMON MYTHS ABOUT CORE TRAINING

MYTH 3

AB EXERCISES REDUCE YOUR MID SECTION.....

THERE IS NO DIRECT METABOLIC PATHWAY FROM THE MUSCLE CELLS AROUND YOUR BELLY TO THE FAT STORES SURROUNDING THEM. UNFORTUNATELY, THE FAT STORES USED TO DO AN AB EXERCISE MAY NOT COME FROM THE FAT STORES AROUND YOUR MID SECTION. YOUR BODY WILL CONVERT FAT FROM THE LAST PLACE IT WAS STORED IN YOUR BODYSO THE LAST PLACE FAT WAS GAINED WILL BE THE FIRST PLACE FAT WILL BE LOST. THIS IS PRIMARILY DICTATED BY GENETICS, AGE AND GENDER.

MYTH 4

YOU CAN TRAIN ABS DAILY

YOUR ABS ARE JUST LIKE ANY OTHER MUSCLE YOU WORK IN THE GYM AND THEREFORE YOU DO NOT WANT TO OVERLOAD ANY SPECIFIC MOVEMENT PATTERN AS IT CAN RESULT IN STRAIN, POOR PERFORMANCE AND MUSCLE SHORTENING. SHORTENING CAN RESULT IN ABNORMAL RESPIRATION THROUGH THE RIB CAGE AND ENCOURAGE POOR POSTURE. HOWEVER, DIFFERENT PARTS OF THE ABDOMINALS COULD BE TRAINED ON SUCCESSIVE DAYS.....IE OBLIQUES ONE DAY, LOWER ABS THE NEXT DAY.

MYTH 5

THERE ARE NO LOWER ABS

BECAUSE THE RECTUS ABDOMINUS IS INNERVATED BY EIGHT SOURCES AND A DISTINCT AND DIFFERENT INNERVATION BELOW THE BELLY BUTTON IT CAN ACT AS A PRIME MOVER AT ONE END AND A STABILIZER AT THE OTHER END.

A PERSON CAN HAVE WELL CONDITIONED UPPER ABS AND POOR TONE BELOW THE NAVEL AND THIS IS PARTICULARLY COMMON IN WOMEN WHO HAVE HAD "C" SECTIONS.