



Training Myth #1 - The abdominal crunch is the best way to train your core.

Wrong!

Your core is made up of several muscle groups that allow you to bend, twist, turn, support your spine, and enable you to make efficient movements with your arms and legs. While the crunch can help strengthen some of the core muscles, it is not the only way, nor is it the most effective.

Here's why...

- * Most people are unable to perform crunches with proper technique.
- * The vast majority of people have muscle imbalances in their core and should be focusing on strengthening their lower back.
- * Most people already have poor posture which is only exacerbated by performing crunches improperly. Furthermore, most people do not like crunches.



Instead...

- * Work on core stabilization by doing a variety of 'plank' type drills.
- * Use the Swiss ball, Bosu ball, or [TRX Suspension Training System](#) to challenge the core while doing a variety of exercises.
- * Be sure to include exercises that target the lower back and the ALL the abdominal muscle groups.

There are hundreds of core exercises! [Book a training session today with Surefire Fitness to learn more.](#)

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