Strengthening your muscles go hand in hand with running…….

We rely on our core muscles (trunk and pelvic muscles) for virtually every move we make. Therefore supplementing running with strengthening exercises will not only aid in preventing injuries improving balance and stability but will make one faster, stronger and more efficient when running.

Core muscles consist of over 29 pairs of muscles working together to provide spinal, pelvic and hips stability for all movement. You can do core-strength exercises on a carpeted floor or mat. Breathe freely and deeply during each core-strength exercise.

Repeat each of these core-strength exercises about five times. As your core strength improves, build up to 10 to 15 repetitions. If you have back problems, osteoporosis or other health concerns, talk to your doctor before doing these core-strength exercises. Customise your programme.

Below linked is a chart @Essential Core' produced by Connie Aronson, ASCM (American College of Sports Medicine) fitness specialist in 2012

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