

# THE DETROIT DIESEL

## CORE!

by Fred George "The Detroit Diesel"

**So what is the core? Everyone talks about it but do they really understand it?**

The core is the area below the nipple line that extends to the top of the knees. It is made up of the rectus abdominis, serratus obliques, latissimus dorsi, erector spinae, hip flexors and all of your fascia tissue that traverses the torso. When you lock it all together, you become a rock! This is how you perform biochemical chain linking in order to throw a punch, kick, hit a golf ball, baseball or soccer ball. If a football receiver didn't have a strong core his spine would be destroyed when some big linebacker comes over the middle and hits him head on.

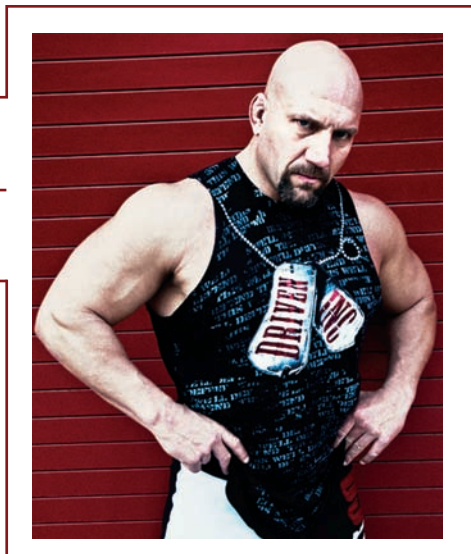
Now that we know what the core is, how do we train and improve it? In the event that you don't have all of the newest gadgets in your gym for improving core fitness, here are a few ways to improve your strength with your own body weight. Work on your core at least 2-3 times per week. It holds your body together so get on it!

First test your core for weakness.

Hold plank position.

- Beginner: 30 seconds
- Intermediate: 1 minute, push down on lower back.
- Advanced: Put a partner on your back and hold plank.
- Super Badass: Go from plank position up to push up position with partner on your back.

## BUILD A CIRCUIT MOVING FROM ONE MOVEMENT TO ANOTHER:



1. Plank



2. Left hip drop with right leg out to the side.



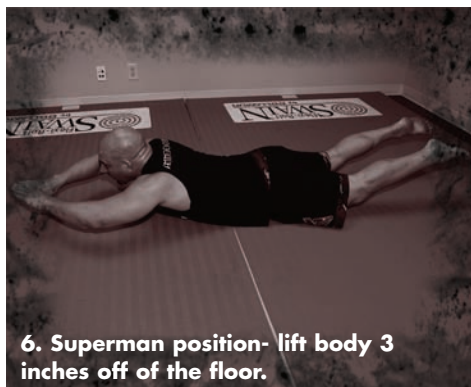
3. Right hip drop with left leg out to the side.



4. Lift right arm and left leg.



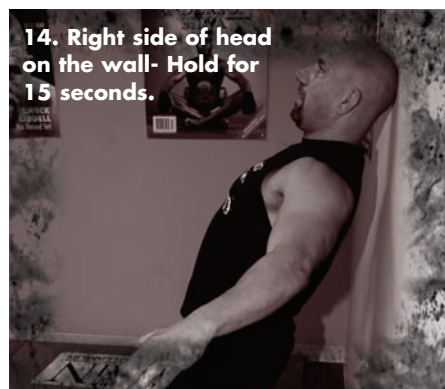
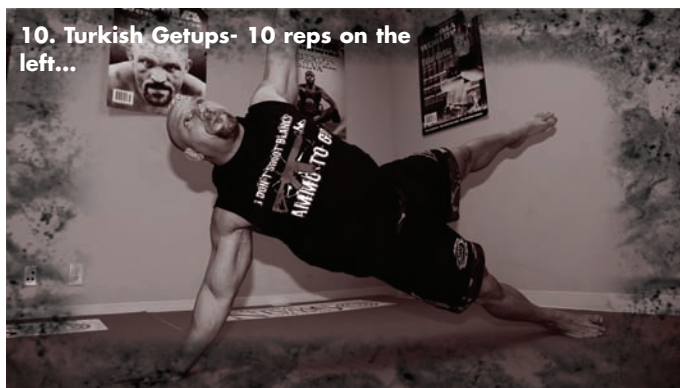
5. Superman for lower back- 30 reps or hold static for 30 seconds.



6. Superman position- lift body 3 inches off of the floor.



Fred George can be reached at [detroitdiesel34@aol.com](mailto:detroitdiesel34@aol.com) • 714.675.4666



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