

5th-8th Core Strength

Your core is the center of your body. It includes your abdominals, hips, and lower back. Your core stabilizes your entire body and allows you to move freely in any direction. Your core also supplies balance for your body. Core exercises increase strength in your abdominals, back, chest and pelvic muscles. Having a strong core makes physical activity easier, increases posture, stability and balance.

Core Strength is utilized while taking the FitnessGram Curl-up test. The Curl-up test measures abdominal strength and endurance. Please look at this link for a reminder of your Healthy Fitness Zone. Make sure you are looking at the correct chart- Boys/Girls.

<https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/6154/StandardsTable.pdf>

I encourage you to practice the Curl-up test to increase your core strength and endurance. Below is the cadence that we use in class to complete the test.

<https://www.youtube.com/watch?v=RW6OssVmJBI>

Practicing Curl-ups is a great way to increase core strength.



Other exercises you can do are- Superman and plank pose.

Below is a link for a Superman pose which is great for increasing core strength.

<https://youtu.be/6e9i9iolwpc>

Also included, a link for proper plank pose and a few variations.

<https://youtu.be/mRr04FZvm9k>

Lastly, here are a few core workouts you can watch and try at home.

<https://www.youtube.com/watch?v=-0DuHnxnH14>

<https://www.youtube.com/watch?v=1gW2orni9ms>