



Does Your Core Strength Measure Up?

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With summer now here many of you may be getting ready for sports and recreational activities, but are you physically ready for those sports or activities?

Our core strength plays a very important role in all sports and recreational activities. Core strength does not mean only having strong abdominal muscles. Our core muscles are made up of not only our abdominal muscles, but also spinal muscles and hip musculature. These muscles all act together to stabilize the spine, pelvis, and shoulder girdle. If you have a strong core it will help to improve your balance and stability, reduce the risk of injury, and improve the efficiency of movement as well as improve athletic performance.

So does your core measure up? By taking the strength and stability test below you may find out if you have good or poor core strength.

The objective of the test is to monitor core strength and endurance over time. A flat surface, mat and watch or clock with a second hand are needed for the test.

1. Position clock where you can see it.
2. Start in the plank exercise position (similar to a push-up position, but with your elbows and forearms on the ground).
3. Lift your right arm off the ground, hold for 15 seconds, and then return it to the ground.
4. Lift your left arm off the ground, hold for 15 seconds, and then return it to the ground.
5. Lift your right leg off the ground, hold for 15 seconds, and then return it to the ground.
6. Lift your left leg off the ground, hold for 15 seconds, and then return it to the ground.
7. Lift your right leg and your left arm off the ground, hold for 15 seconds, and then return them to the ground.
8. Lift your left leg and your right arm off the ground, hold for 15 seconds, and then return them to the ground.
9. Return to a normal plank position and hold for 30 seconds.

Results: Good core strength = if you were able to perform the complete test, you have good core strength.

Poor core strength = if you were unable to complete the test, your core could use some improvement.

Good core strength means an athlete can move with high efficiency. If you were unable to complete the test, practice 3 to 4 times each week until you improve. You will notice improvements in core strength over time.