



Real Core Conditioning Is Rapidly Becoming The New Fitness Trend Of 2010

Story By: Stephanie Oakes

This Spring and through Summer, all the rage in the fitness world is about conditioning and strengthening the core.

With an increasingly more astute core centric population on the cusp of the beach and pool season expect classes to begin filling up to max capacity.

Core-fusion workouts are gaining traction as one of the most effective full gamut 'shape ups.'

Once the province of elite athletes and runners but now the rest of us who want a strong torso, more muscle mass, fewer injuries, better flexibility and improved fitness performance can find great

facilities right here in Big D! If you're a practicing yoga or pilates enthusiast, you already

know the tedious but highly effective plank pose and it's many variations that help to create a strong 'core' including upper and lower back, and all our abdominal muscles.

Try adding 30 push-ups and a couple wind sprints, plank pose to turbo charge your results. Enter the era of 'Core athletic workout'.

My first intro to the 'Core

athletic workout' was with Mia Hamm in NYC at a Nike event. Mia and the Women's

US soccer team had been training with an NFL athletic trainer in Arizona named Make Versetegen. (check out his book "Core Performance.") These ladies and so many other athletes claim that his

workouts improved performance and function.

There are many folks in town who are hip to these workouts. Check out they're

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workouts and don't be shy if the instructor suggests you use sleds, medicine balls, tennis balls, foam rollers, Physioballs, platforms and stretch ropes all to shape up without ever doing 'crunches'!



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