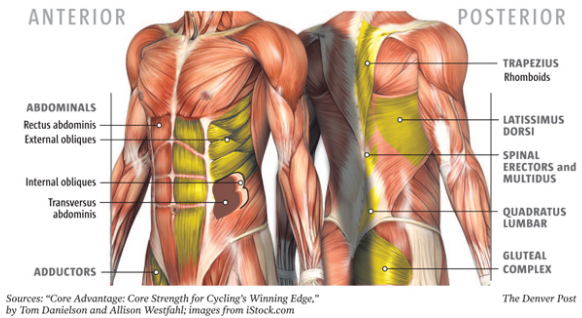


# BLOG.SQD

## Core...more than just a six pack?

The word 'core' is thrown around quite often in the fitness world. It's often aligned with the washboard abs look, but your core caters for so much more than aesthetics.

Yes having an aesthetically pleasing 6 pack is high on many gym goers agendas, but we mustn't rule out the importance of having a strong 'functional' core! I mean, let's not forget that the abdominal muscles are only a small fraction of the core as in fact 29 muscles have attachments within the core area. These muscles also help to protect and support your spine!



In reality, just simply doing crunches will not cut it!  
Functional core training must cover all aspects of **Power, Strength and Stabilisation.**

Training the core muscles effectively will provide your body with a solid base, ensuring you can stand upright, well balanced and effortlessly whilst creating great posture and protecting your spine. Wash board abs...just a bonus side effect! WINNING!

To learn more about the benefits of core training and how we can help you achieve a well balanced strong and stable core, check out our 'Abs guide'

**Alex**  
**WODSQD**