

Anatomy of Core Stability: A Trainer's Guide to Core Stability

Hollis Liebman

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Hollis Liebman : Anatomy of Core Stability: A Trainer's Guide to Core Stability before purchasing it in order to gage whether or not it would be worth my time, and all praised Anatomy of Core Stability: A Trainer's Guide to Core Stability:

8 of 8 people found the following review helpful. Excellent, simple presentation of core anatomy in relation to exerciseBy gt surberReview Anatomy of Core Stability by Hollis Lance is easy to read. The information is complete and usefully presented. I especially like having the models pictured beside the diagrams so surface anatomy can often be correlated with muscular anatomy. The models look like fit average people, not body builders or hulks so we can compare to ourselves. My only suggestion would be speedos rather than long shorts so more surface anatomy, especially thighs and lower abs could be seen.The pictures and diagrams are large and clear and surprisingly uncluttered for anatomy drawings. The text, is informative without being pedantic. Also the text is sparse and helpful, mostly consisting of brief comments as to level, time to complete, benefits, restrictions and in some cases modifications possible. The exercises included, while not encyclopedic, are complete enough. There are some

suggested workouts or collections of exercises with specific goals given at the end which look good. This a good buy in the rash of "anatomy" books coming out now. 1 of 1 people found the following review helpful. " books to help better focus my attention on the muscle groups I should ...By curious mind I purchased this and a couple of other "Anatomy of..." books to help better focus my attention on the muscle groups I should be working and to avoid injury. I've found each book to be helpful in its own right though, as can be expected there is some overlap. My brother-in-law found this book to be particularly helpful. 4 of 4 people found the following review helpful. Arrived in great shape and quickly By K.M.B. The book arrived in great shape, quickly and as described. I like how they show which primary muscle groups are working as well as secondary muscle groups.

A strong, stable core is the foundation of virtually all physical efforts. Pilates and yoga practitioners as well as dedicated athletes are familiar with the concept of "core stability." They understand its importance in achieving and maintaining superior fitness. A strong and stable core improves athletic performance, increases power and endurance, reduces stress on the body and minimizes the chances of injury. It helps to improve balance and posture, alleviates back pain and minimizes fatigue. Even everyday actions are easier, whether climbing stairs or lifting a box or holding a baby. The muscles most responsible for core stability run the length of the trunk and torso. They include the famous "six pack" abdominal muscles, the muscles that underlie the spinal column and neck and which help to rotate the back, the oblique muscles, and the muscles of the hips and thighs. Exercises designed specifically to address these muscles are the only way to build a stable core. *Anatomy of Core Stability* features such exercises. They are designed to work the entire core musculature, from the major muscles in the abdomen, spine, lower back, torso, hips and thighs, which endure the greater effort, to the smaller assisting muscles, which support the larger. Many exercises use inexpensive equipment such as a stability ball, medicine ball, free weights and wobble board. *American Reference Books Annual* praised this series' first book, *Anatomy of Exercise*, as "fascinating" and recommended it to "medium-sized and large public libraries as well as high school and undergraduate collections." This latest addition to the series will prove equally commendable and is an important purchase. The "Anatomy of..." series has revolutionized how people can approach their fitness needs. The books are ideal references for beginning exercisers and amateur athletes, elite competitors, trainers, physiotherapists, coaches, sport injury clinics, yoga, pilates and fitness instructors, team doctors and specialist professionals.

An extremely informative and high-quality publication that will be of use to anyone interested in improving their core strength and stability. It is suitable for all levels, from beginner to advanced, and would be a worthwhile addition to any public, high school, or undergraduate library. (Alicia Brillon *American Reference Books Annual* 2014 2014-09-30) About the Author Hollis Lance Liebman has been a fitness magazine editor and national bodybuilding champion. Currently a Los Angeles resident, Hollis has worked with some of Hollywood's elite, earning rave reviews. His web site is www.holliswashere.com. Excerpt. Reprinted by permission. All rights reserved. Introduction In our everyday lexicon, words such as "toning," "aerobic," and "lifting" bring to mind a workout at the gym. Other terms--such as "study," "syllabus," and "exam"--suggest we are talking about school. However, certain words transcend the environments with which they are most closely linked. In the past few years, the term "core" has entered the collective consciousness. We hear of toning the core at the gym, firing from the core on the athletic field, getting up from a desk at a sedentary job to engage the core, and strengthening the core at the physical therapist's office. With so many uses and meanings, core is justifiably here to stay. What Exactly is the Core? The term "core" refers to the muscles in the lower trunk area that work together to provide support and mobility, enabling all bodily movement. The core includes the rectus abdominis, or six-pack, which tenses the abdominal wall by contracting the abdominal muscles. Surrounding your abs are the internal and external obliques, which allow you to bend from side to side and rotate your torso. The Christmas treeshaped erector spinae is situated behind the abdominals, at the lower back, and is responsible for spinal stabilization and spinal movement. Lastly, the hip flexors act as the foundation of this muscular complex, supporting movement in the pelvic area. Essentially, the core is the center of the body and is key in terms of performance, functionality, and longevity. Improving the core's aesthetic and mobility necessitates consistent and diligent effort. Getting the most out of your core requires more than just the right diet. Core exercises enable the skeleton, muscles, and joints to work together properly, as well as offering a combination of strengthening, stretching, balancing, realigning, and fat loss that nutrition alone would not achieve. By maintaining a strong core, you also lend optimal support to ancillary (assisting) muscles. Indeed, the core is so central to your body's total movement that it is called upon when firing each and every muscle. When you are in the middle of a squat, for example, your core is engaged to maintain the integrity of the vertical movement; when pressing dumbbells overhead, the core keeps the body straight on, as opposed to curved. Have you ever worked your triceps and discovered later that your midsection was quite sore? That's your core at work.