

CORE FUNCTION

New research highlights the facts about core training and performance

Your training should be designed to make you the strongest, most powerful “functional” athlete possible. The clearest way to look at the meaning of function is in the context of your sport. A weightlifter’s functional requirements differ somewhat from those of a powerlifter or strongman competitor; a baseball player’s differ rather substantially from those of a wrestler. But logic would dictate that the one thing all strength and power athletes share in common is the need for a strong, and functional, core, i.e., trunk. The reason is that strength, endurance, stabilization, and power in your torso allow for optimal production, transfer, and control of strength, power, and motion to your limbs. With this connection in mind, many strength coaches and personal trainers advocate a great deal of core training, via a myriad of different exercises and programs, and some even incorporate functional movement screens to assess your core and thus predict how well you might perform. Although the idea of core training has intuitive appeal, there was no research, until this study, that sought to describe the actual relationships between core stability, functional movement, and sports performance.

Power Key: power, core strength, agility, sports performance



Most sports require a strong torso. But relying on core and functional movement tests to predict performance might be the wrong way to go.

Original Research

Okada, T., et al. Relationship between core stability, functional movement, and performance. *Journal of Strength and Conditioning Research* 25(1):252-261, 2011.