

Flexibility, Stability, and Core Strength

A quality trainer will focus on flexibility, stability and core strength while working towards a specific goal. Flexibility is the most important part of a training program. Unfortunately it is often over looked by most trainers. Lack of flexibility is the root of most problems. When a muscle is tight it limits the muscles ability to contract properly causing insufficient movements. Muscles that are tight are more likely to become injured and cause the opposing muscle to contract improperly. If people would just stretch and perform moderate exercise many problems as well as the need for certain medications may dissipate. Flexibility and stability are the foundation of exercise. Without them, the body's movement becomes limited and results are difficult to achieve.