

What is “core training”?

The core is the platform for
movement.

Chop off the head, legs and arms and you are left with the “core”.

Upper Back/ Postural Muscles are often overlooked.

Rounded backs during planks or other “core” exercises.

“Your grip is a window to your core.” – Gray Cook

Grip strength and endurance is directly related to core strength and endurance.

Brace the midsection.

Get ready to take a punch – never suck in your abs.

The job of the core is to connect
the upper and lower body.

It can do this by either resisting movement (deadlifting) or by helping to
generate it (throwing).

Core strength is position and movement specific.

This doesn't mean that everything has to look like riding your bike.

Core strength is subject to
mobility and movement gaps.

Rounding the back at the bottom of a squat or bending at the lower
back instead of hinging at the hips.

Ultimately, good strength training IS core training.

All movements in the gym should be focused on proper connection of the upper and lower body through the core.

Advanced MTB Core Training =
Exercises that challenge this
connection in ways that transfer
to specific skills on the trail.

Top 3 Core Strength Gaps for Mountain Bikers

- 1 – Postural Muscles
- 2 – Lateral Hip Hinge/ Corkscrew
- 3 – Shoulder Stability

Top 3 Core Strength Exercises to Fill Those Gaps

1 – Farmers Walk/ Loaded Carries

2 – Windmill

3 – Turkish Get Up