

The Core

Body & health

What the core actually is, and why crunches are not the whole answer.

The muscles wrapping the trunk — abdominals, obliques, transverse abdominis, spinal erectors, diaphragm and pelvic floor — working to stabilise the spine while the limbs move.

ANTI-EXTENSION
Plank

ANTI-ROTATION
Pallof

ANTI-LATERAL
Side plank

- Its primary role is anti-movement: resisting bending, twisting and extending.
- Planks train anti-extension; side planks train anti-lateral-flexion.
- Pallof presses and carries train anti-rotation.
- Loaded carries train the whole system at once.
- Crunches train one function of one muscle.
- Breathing is part of it — the diaphragm is a core muscle.

LOOK FOR IT

Carrying a heavy bag in one hand is an anti-lateral-flexion exercise you already do.

You cannot target fat loss to the abdomen. Visible abdominals are a body-fat outcome, not a training one.