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Conditioning to the Core

Greg Brittenham, Daniel Taylor

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Condition the core; unleash the potential.

Serious athletes train for results—results that make them winners on the field, pitch, course, or court. And the key to getting those results, to improving performance in any sport and at any level, is no secret. A strong, well-conditioned core is the lynchpin to athletic success.

In *Conditioning to the Core*, strength and conditioning coaches Greg Brittenham and Daniel Taylor deliver the definitive guide to training the torso. Inside, you'll learn these concepts:

- The core's central role in originating and transferring strength and power, two requirements for superior performance

- The energy systems, the strength and power foundations, and the movement mechanics for any sport

- Over 300 of the most effective exercises for strength, stability, and power

- The way to design a comprehensive program based on athlete assessment and analysis, followed by several sport-specific sample programs for reference

Detailed photo sequences and expert instruction ensure you're performing each exercise safely and efficiently. Color-coded stability, strength, and power training exercises, programs, and assessments provide all the tools for achieving high-performance goals. You will quickly identify and organize each component that addresses your needs, your sport, and your high-performance goals.

If you are serious about performance, *Conditioning to the Core* will help you get serious results. Whether you're an athlete, trainer, or coach, this guide should be the centerpiece of your sport training program.

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