



FURY FASTPITCH



SOLID TO THE CORE

CORE: "the central, innermost, or most essential part of anything"

It is a known fact that the trunk is highly involved in all major movements in softball, such as hitting, pitching, sprinting, fielding, and throwing. Unless you're lying flat on your back or on your stomach, there's nothing that isn't working for the core. It works in every single thing you do. A solid center is critical for performance.

Benefits of Core Strengthening:

- ❖ Generates greater rotational power, needed for hitting, throwing & pitching.
- ❖ Maximizes efficient movements and reduces wasted energy
- ❖ Maximizes energy transfer from the lower body to the upper body for more explosive movement
- ❖ Helps prevent injuries
- ❖ Allows you to change direction more quickly
- ❖ Improved balance, posture, and coordination
- ❖ Strength is converted into power



The core represents the link between the upper and lower body and if the link between the two is weak, there is a significant decrease in performance while the risk of injury is increased. Our core conditioning program engages the abdominal, hip, and lower back muscles through the use of flexion, extension, side-bending and rotation exercises.