

**2015-16 HKUST Sports Team Fitness Training Workshop Spring Semester**  
**Workshop Description**

**Workshop 3: Strengthen the Core Muscles** [21 Mar 2016 (Mon.) 1900-2030]

The core muscle group includes all muscles that are located in the torso that keep the body stable and balanced. Maintaining a strong body core is important at any age as balance, posture and back health have been linked to core strength. The core muscle group is the vital “foundation” of all body movements, whether during walking, carrying a heavy bag, or playing a sport. Lack of core muscle strength can result in injury. One can work on building up the core strength through a variety of physical exercises.

This workshop is for HKUST sports team members who wish to strengthen their core muscles for improving their performance in sports. Participants will learn the correct postures and execution of exercises to train the core muscles. Safety considerations, training tips and exercise progressions in using own body weight and field equipment will also be covered.

Both males and females are welcome.

Participants should wear sportswear and non-marking sports shoes.