

Core Training in Toronto

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Core Training Toronto

Core

training offers you the chance to not only sculpt a strong and defined stomach but also to enhance all-over strength and movement.

The "core" actually consists of different muscles that work to stabilize the spine and pelvis, providing a solid foundation for movement in the extremities. A strong core means many things:

Enhanced Sport Performance

All powerful movements originate from the center of the body out, and never from the limbs alone.

Reduced Back Pain

A strong and balanced core helps maintain appropriate posture and reduce strain on the spine.

Enhanced Strength

A strong midsection enables optimal tranference of load when lifting and using heavier weights, supporting any strength training program.

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Fit Squad personal trainer has advanced knowledge of core training and understands the key to getting the client to their top core-strength.

To experience Fit Squad core-training first hand please [CLICK HERE](#) to contact us for your complimentary consultation and training session.

