

CORE STABILIZATION



The core strengthening, flexibility improvements and stability that stem from this program is particularly beneficial for athletes.

These benefits are the main reason why some of the most successful MLB baseball players reveal that they rely on this method to maintain their optimal physical shape and improve performance.

With the muscle, you think about the loading and exploding. In order to get the maximum loading, you also have to get the maximum range and the maximum stretch of the muscle.

This program will help you get the explosion you need to produce the power, the speed or whatever movement you need to improve to help you perform better.

Rays third baseman Evan Longoria has said **"flexibility is the new strength,"** and with the way sport-specific exercises, Pilates have caught on among players, it's possible that the desire for bulked-up pitchers and musclebound sluggers could be a thing of the past.

"All of the stuff that I was doing was more focused on the movements that we actually do for baseball," Longoria said. **"To be strong in general doesn't necessarily mean you're going to be strong from a baseball standpoint. ... When we're hitting, you want to be as stable as you can and use the three-dimensional aspect -- the rotation in your core -- to actually translate to power."**

Use The Same Training Techniques As MLB Players

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