

SPOTLIGHT: GROUP CORE

Group Core® gives you three-dimensional strength in 30 action-packed minutes. A stronger core, from your shoulders to your hips, improves athletic performance and enhances Movement Health. Expert coaching and motivating music will push you through a wide variety of innovative exercises that use your body weight, weight plates, The STEP®, and a towel. *GET HARD CORE!*

WHAT MAKES GROUP CORE UNIQUE?



COMPREHENSIVE CORE TRAINING

Group Core is much more than just an “ab class” where you do a bunch of ab curls. This is 30 minutes of comprehensive core training that targets the entire core – everything from the shoulders to the hips, including the front, back, and sides of the core. Exercise professionals know that you cannot target one area for fat loss (this is called the “Spot Reduction Myth”), so Group Core uses full-body metabolic training to strengthen and define the core. The workout also features posterior-chain exercises that improve posture and balance out core training for the front and back of the body.



SIMPLE ATHLETIC EQUIPMENT

This workout uses The STEP®, one or two weight plates, and a towel. These three tools allow a huge amount of variability. You do not need any sort of complicated equipment like bands, which have an un-athletic appearance and may need to be replaced often. The STEP and weights are standard equipment found in other MOSSA programs. Group Core uses the “universal” risers underneath The STEP, which also work for all other programs, including Group Power, Group Active, and Group Blast. The towel is a regular, medium-sized gym towel that you can provide or ask participants to bring from home.



THREE-DIMENSIONAL APPROACH

The programming for Group Core utilizes the revolutionary science of Loaded Movement Training. Participants move in all three planes of motion, both with and without an external load (weight). Loaded Movement Training is ideal for this program because rotation and multi-directional movements are highly effective ways to strengthen and define the entire core. This novel approach to core training does more than just build a better six-pack – it makes people better movers in everyday life, lowers the risk of injury, and helps prevent nagging aches and pains.



ALL FITNESS LEVELS

Group Core is designed for able-bodied adults of all ages and fitness levels. Instructors receive detailed examples of how to coach options or modifications to ensure that all participants are able to do every part of the workout. This results in a greater sense of perceived success, meaning participants are more likely to feel successful and want to keep coming back to keep improving.



PROFESSIONAL PLAYLISTS

The Group Core workout uses professionally designed playlists that have been market tested to ensure broad appeal. The playlists are diverse so that there is something for everyone at your facility. The entire workout is sound-engineered so that your participants have the best possible physical and mental experience, pushing them to work harder and making them come back for more!