Strengthen Your Core

Real strength and overall health starts at the core. Build a strong and solid core so you can run the right way, which in turn can help you:

• **Prevent injuries**: Building a solid core helps stabilize your spine during running, preventing knee problems, plantar fasciitis, low back pain, and a wide range of other injuries.

• **Discover more speed**: Add power to every step and improve your running economy – the ability to use less oxygen at the same pace.

• **Get total-body strong**: Power up your legs, arms, and abs.

• **Stay healthy**: Drop systolic blood pressure, drive down inflammation, and improve immunity.

• **Enjoy sprinting and running**: You can crank up the intensity, get faster, stay healthy.