


Active Health Clinic
Institute of Human Performance
The University of Hong Kong

Current Trends in Core Strength and Stability Training


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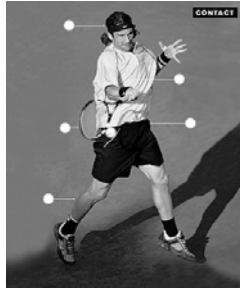
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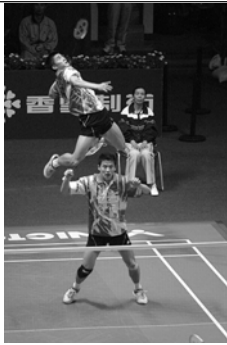
CORE: new or old?



Core's role in sport



Core's role in sport



Core's role in sport



Core's role in sport



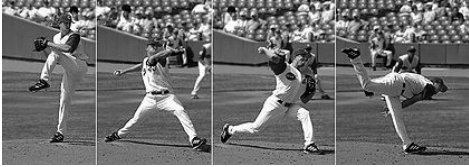
Core's role in sport



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Automaticity of core training?



Maintaining the core?

