



Get Fit. **Life Tip.**

Stability training... Why is it so important?

Stability training is important for everyone, especially those starting a new workout program. Strengthening and stabilizing your ligaments, tendons and core through stability training is important in order to help prevent injury. There are many ways to incorporate stability training into your workout regimen.

Here are a few stability training exercises:

- In-line split squat – One foot directly in front of the other (toe lined up with heel)
- One-legged squat
- BOSU push-up

Regardless of your fitness level, it is important for you to revisit the stabilization stage every 4-6 weeks.

Exercises are ineffective and may cause injury if not performed correctly. Please be sure to consult a professional prior to performing the unknown.

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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