

ABSTRACT

The physical activity of each person to carry out daily life supporting the paradigm of healthy living should be carried out with the awareness that it is part of sports or physical condition training to maintain and enhance physical fitness that is carried out happily, consciously in the sense of no coercion. For someone who likes to exercise endurance and strength is very important. Endurance (endurance) is one of the constituent components of physical fitness. Core stability is an important component in providing local strength and balance to maximize activities efficiently. The activities of the core muscles are integration work before a single joint movement or several joints, to maintain stability and movement.

Through qualitative research on the effect of core stability exercises on increasing endurance and arm muscle strength we can see the natural condition of a phenomenon. With this aim to gain understanding and describe complex realities. The results of this study were obtained by online in-depth interview techniques to informants as a form of search and documentation. Where also use observation techniques as a way to complement the data that has been found. This research focuses on a survey on the implementation of core stability exercises to increase endurance and arm muscle strength.

An athlete has a balance of the body is very important to maintain their body and overcome the occurrence of injury. If our body is balanced and also its strength and endurance are very strong then we can overcome the injury easily. Therefore it is recommended to do core stability because many of those who think by doing this exercise they will only get a good balance, without realizing it by doing this they indirectly help all the muscles in their body move and come to become stronger .

Keywords: *core stability, endurance, muscle.*