

Core and Abdominal/Back Exercise Examples

Core and Abdominal/Back Exercises

The following exercises are examples of some of the exercises used on the Emerging Talent Programme. They are to be used as a reference only. The coach must plan his own programme.

Core and Abdominal/Back Exercises

Core stability is the effective use of the trunk muscles and shoulder girdle to help stabilise the spine, allowing the limbs to move freely. Having strong Core and Abdominal/Back muscles can improve your power, agility and balance and as such it is very important to train these muscles.

If you cannot do the exercise or complete the required repetitions, perhaps due to fatigue, STOP. The most important aspect is that the exercise is done properly and you avoid injury.

Warm up properly as before.

Core and Abdominal/Back Exercises

Stabilisation exercises

During the following exercises, you should brace/contract your abdominal muscles. This means you should pull your belly button back towards your spine and tighten your abdominal stabilising muscles. This should be done for the full duration of the exercise. You should breathe as normal, don't hold your breath.

Superman

On all fours, brace abdominals, slowly raise right arm, followed by left leg. Arm and leg should be parallel to floor. Maintain position for 5-10 seconds. Repeat with opposite arm and leg.



Core and Abdominal/Back Exercises

Prone Bridge

Lie face down, forearms on ground, elbows under shoulders, hands together out in front, on knees(progress to toes). Brace shoulders and abdominals. Keep upright and stable for 30 seconds.

Back shouldn't sag

Advanced Prone Bridge

When this position can be held easily, try raising one foot off the floor for half of the time you are holding the bridge, lower it and raise the other foot for half the time.



Core and Abdominal/Back Exercises

Supine bridge – Back Exercise

Lie on back, knees bent, feet on floor, arms by side. Brace your abdominals and push hips up. Lower and middle back should be off the floor. Keep body weight off neck. Don't push hips too high. Hold for 10 secs.

Advanced Supine Bridge

Raise one leg while holding the bridged position, lower your body back to the start position and then repeat, raising the other leg.



Core and Abdominal/Back Exercises

Abdominal Exercises

In the following exercises, slow means 1 repetition per 1 or more seconds. Moderate means 1 or 2 reps per second.

Crossed leg Oblique Crunch - Slow

Start position - Lie on back, knees bent and feet on floor. Lift left leg and put it over right leg, resting the left ankle on the right knee. Hands to the side/back of head, left elbow in contact with the floor.

'Crunch' obliques, by **rising up and across slowly** to tap right elbow off left knee. Keep left elbow on the floor. Hold for one second and then return to start. Complete one set on this side and then repeat on other side.

Never pull on the head or neck to help do the exercise.

Progression

To make this exercise harder, rest the left knee on the right knee



Core and Abdominal/Back Exercises

The Squirm

Start position - Lie on back, knees bent and feet on floor. Keep arms at side, resting on the floor. Tuck chin to chest. Touch shoulder blades to the floor or raise slightly.

Brace the abdominals and reach and tap the left foot with the left hand. Hold for one second and then touch the right foot with the right hand, also holding for one second.

Progression

To make the exercise harder, hold each repetition for three to five seconds, instead of one second.



Core and Abdominal/Back Exercises

Abdominal Curl - Slow

Start position - Lie on back, knees bent, feet on floor, hands on thighs.

Contract abdominals and **curl slowly upwards**, sliding hands up towards knees. Shoulders, upper back and some of mid back will come up off the floor. Tips of fingers only need to touch knees. Hold for one second, return to start and repeat.

