

# CORE

## 1-2-3

### Term 4 program



- **Core 1** – static
- **Core 2** – functional – more challenge
- **Core 3** – rotational – most challenge
- Core should be performed at the end of the training session, or on its own

## 3X per week for best results



## STABILIZING exercises

1. Do the exercises below 3x per week – take note of the ‘Comments – Challenge’ comments above and phase comments below – images and explanations on the coming pages
2. **Warm up** – Full dynamic warm up
3. **Recovery** – Stretch + hot and cold shower – 20 seconds hot followed by 10 seconds cold x3 (time for shower permitting – please be mindful of water usage)
4. **Frequency** – 3x times per week
5. **Training Focus** – stabilization, technique, endurance

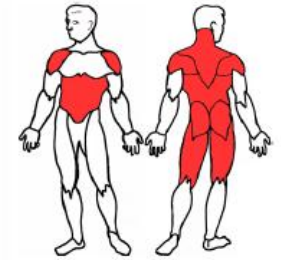
Core 1 - Stability		Sets	Reps	Load	Speed	Order	Intensity	Rest	Comments - challenge	C1 benchmark	C2 benchmark
Low level of challenge											
1	Front bridge	2	45 sec's	None	Static	1	Moderate	60 sec's	Alignment	45 sec's	60 sec's
2	Glute bridge	2	30 sec's	None	Static	2	Moderate	60 sec's	Pelvic engagement	45 sec's	60 sec's
3	Side bridge	2	30 sec's	None	Static	3	Moderate	60 sec's	Alignment	30 sec's	45 sec's
4	Kneeling superman	12x 4 seconds		None	Controlled	4	Moderate	60 sec's	Alignment, level hips	N.A	N.A
5	Starfish superman	12x 4 seconds		None	Controlled	5	Moderate	60 sec's	Core engagement, extention	N.A	N.A
6	Bug w. partner	2	30 sec's	None	Resistive	6	Moderate	60 sec's	Challenge rotational plane	N.A	N.A

### Phase Comments:

Weeks 3-4: Add 10 seconds for timed exercises – add 4 reps per exercise for the others

Weeks 5-7: add 15 seconds from week 4 for timed exercises + 4 reps from week 4 for the others

Weeks 8-9: same as weeks 5-7

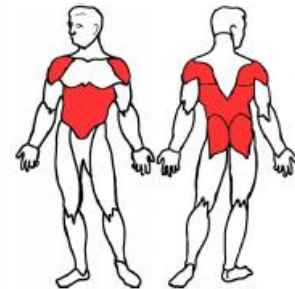


## Kneeling superman

Start with the hands forward from the shoulders & the knees behind the vertical position of the hips. Maintain neutral curves in the spine & raise the opposite arm & leg until they are in line with the torso.

### Cautions

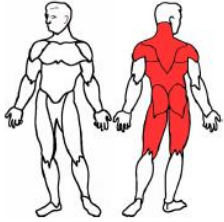
Keep the neck in line with the spine.



## Side bridge – stabilization

This exercise should be completed on a smooth & soft surface to avoid contact or friction injury to the elbows. Start with the elbows under the shoulders with the body straight. Keep the torso rigid & the neck should remain in line with the spine. The length of time spent at each position can vary as required.

**Cautions** - Control each phase of the exercise. Gain balance prior to commencing each movement. Do not allow the spine to sag, particularly while in the prone position.



## Starfish superman

Raise the chest, arms & legs off the floor then reverse the movements back to the start position. Keep the arms & legs off the floor for every repetition or return them to the floor each time. Try to keep the arms & legs straight.

## Cautions

Do not bounce at the top of the movement unless specified otherwise by an exercise professional. If you have a history of spinal injury or other spinal pathologies, seek professional advice prior to commencing this exercise.

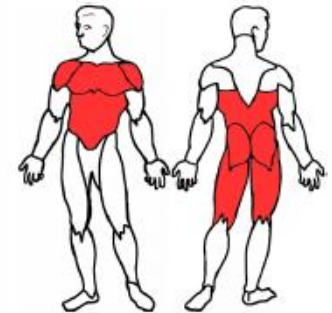


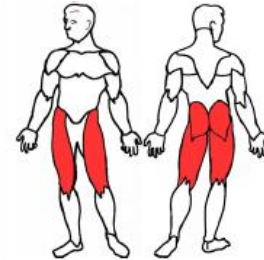
## Front bridge w. alternating arm & leg (rotational core)

Start with the forearms flat on the ground & the elbows under the shoulders. Lift the knees off the floor, maintaining neutral curves in the spine. Take one arm off the floor, flex the shoulder & also take the opposite leg off the floor. Either hold the raised position for the designated period of time or return the arm & leg to the floor after each repetition. Repeat the movements with the opposite arm & leg in an alternating fashion. Keep the neck in line with the spine & try not to rotate the torso for this exercise.

## Cautions

Do not allow the lower back to sag or the shoulder blades to wing or lift off the ribs.





## Glute bridge w. 2x legs

Start with the heels in contact with the ground. The angle of the knees may vary as required. Keep the head & shoulders in contact with the ground. Lift the hips off the floor until the thighs are in line with the torso, then control the movement back to the start position.

**Cautions** - Do not allow the spine to extend past the neutral position unless specified otherwise by an exercise professional. Keep the knees the same distance apart throughout the exercise.

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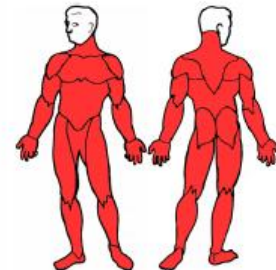
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## The Bug w. partner

Lie flat on your back w. arms and legs up in the air – hamstrings parallel to the floor and palms facing. Maintain neutral spine as your partners pushes on your arms and legs -

**Cautions** – progressive and gentle pushing movements from your partner. It doesn't take much resistance to get a good training effect w. this exercise



## FUNCTIONAL exercises

1. Do the exercises below 3x per week – take note of the ‘Comments – Challenge’ comments above and phase comments below – images and explanations on the coming pages
2. **Warm up** – Full dynamic warm up
3. **Recovery** – Stretch + hot and cold shower – 20 seconds hot followed by 10 seconds cold x3 (time for shower permitting – please be mindful of water usage)
4. **Frequency** – 3x times per week
5. **Training Focus** – stabilization, rotational stability, technique, endurance

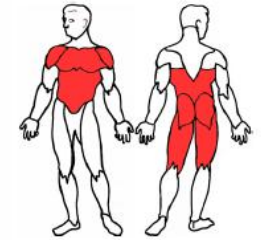
Core 2 - Functional		Sets	Reps	Load	Speed	Order	Intensity	Rest	Comments - challenge	C1 benchmark	C2 benchmark
Moderate to high level of challenge											
1	Front bridge w. alt. arm & leg	2	45 sec's	None	Controlled	1	Moderate	60 sec's	Maintain alignment w. challenge	45 sec's	60 sec's
2	Side bridge w. ext. uphill leg	2	30 sec's	None	Static	2	Moderate	60 sec's	Maintain alignment w. challenge	30 sec's	45 sec's
3	Single leg glute bridge	2x 30 sec/leg		None	Static	3	Moderate	60 sec's	Challenge w. physio disc	30 sec's	45 sec's
4	Wood chopper w. med ball	2	12/side	2kg+	Fast	4	Moderate	60 sec's	On bosu / mini tramp if available	12/side	18/side
5	Kneeling superman w. balance discs	12x 4 seconds		None	Controlled	5	Moderate	60 sec's	Challenge w. physio disc	N.A	N.A
6	Pike w. swiss ball	2	15	None	Controlled	6	Moderate	60 sec's	Challenge w. single leg	15	25

### Phase Comments:

Weeks 3-4: Add 10 seconds for timed exercises – add 4 reps per exercise for the others

Weeks 5-7: add 15 seconds from week 4 for timed exercises + 4 reps from week 4 for the others

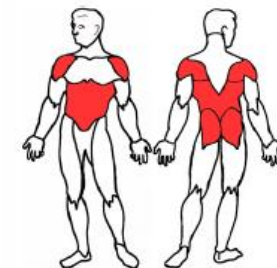
Weeks 8-9: same as weeks 5-7



### Front bridge w. alternating arm and leg

Start with the forearms flat on the ground & the elbows under the shoulders. Lift the knees off the floor, maintaining neutral curves in the spine. Take one arm off the floor, flex the shoulder & also take the opposite leg off the floor. Either hold the raised position for the designated period of time or return the arm & leg to the floor after each repetition. Repeat the movements with the opposite arm & leg in an alternating fashion. Keep the neck in line with the spine & try not to rotate the torso for this exercise.

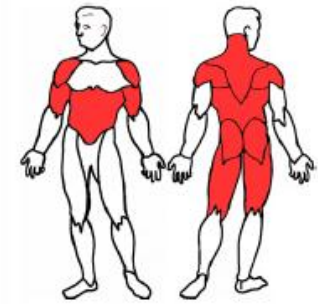
**Cautions** - Do not allow the lower back to sag or the shoulder blades to wing or lift off the ribs.



### Side bridge w. leg extension – abduction

Start with the forearm flat on the ground & the elbow under the shoulders. The hips & shoulders should face forward with the neck in line with the spine. Keeping the legs together, lift the hips off the ground until the body is straight & balanced then raise the top leg. Either hold the raised position for the prescribed period of time or return the hips to the floor after each repetition.

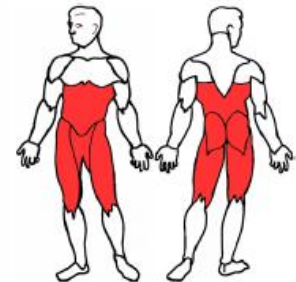
**Cautions** - Do not round the spine or allow the shoulder blades to wing or lift off the ribs.



### **Kneeling superman on balance discs**

Start with the hands forward from the shoulders & the knees behind the vertical position of the hips. Maintain neutral curves in the spine & raise the opposite arm & leg until they are in line with the torso.

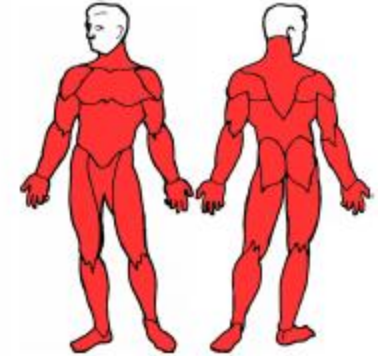
**Cautions** - Keep the neck in line with the spine.



### **Glute bridge single leg**

Keep the head & shoulder in contact with the ground raise the hips until the thighs are in line with the torso. Maintain a stable torso & move the unsupported leg in small circles. Vary the position of the hands on the floor depending on the amount of additional balance required.

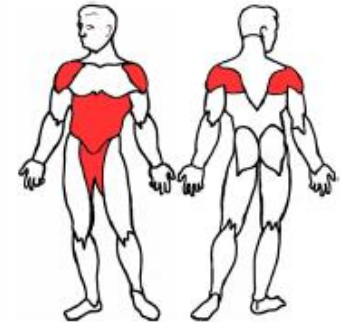
**Cautions** - Do not extend the spine past neutral unless specified otherwise by an exercise professional.



### Woodchopper

Rotate the arms in front of the body in a figure of eight pattern from the ankles to above the head. The speed of the movements & the weight of the medicine ball can vary depending on the requirements of the exercise.

**Cautions** - Control the amount of spinal flexion, extension & rotation throughout all phase of the exercise. If you have a history of spinal injury or other spinal pathologies, seek professional advice prior to commencing this exercise.



### Stability ball pike

Start with the hands under the shoulders, the feet on the stability ball & the torso in line with the legs. Maintain a rigid torso position & flex the hips as far as comfortable, keeping the arms & legs straight. Return to the start position with the body straight & the torso rigid. Do not allow the spine to sag or adopt a flexed position at this point. The amount of hip flexion at the peak of the movement may vary depending on the flexibility of the legs & the strength of the shoulders.

**Cautions** - Keep the neck in line with the spine. It is recommended to have a spotter positioned near the stability ball.

# ROTATIONAL exercises

1. Do the exercises below 3x per week – take note of the ‘Comments – Challenge’ comments above and phase comments below – images and explanations on the coming pages
2. **Warm up** – Full dynamic warm up
3. **Recovery** – Stretch + hot and cold shower – 20 seconds hot followed by 10 seconds cold x3 (time for shower permitting – please be mindful of water usage)
4. **Frequency** – 3x times per week
5. **Training Focus** – stabilization, rotational stability, technique, endurance

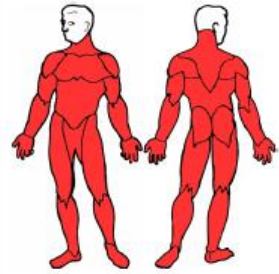
Core - Rotational		Sets	Reps	Load	Speed	Order	Intensity	Rest	Comments - challenge	C1 benchmark	C2 benchmark
Moderate to high level of challenge											
1	Lunge w. rotation	2x	12 / side	1kg +	Controlled	1	High	60 sec's	Posture - n. spine - alignment	12/side	15/side
2	SB front bridge 1 w. res. - arms on ball	2	60 sec's	None	Static	2	High	60 sec's	Posture - n. spine - alignment	30 sec's	45 sec's
3	Prone stability ball w. rotation	2x	12 / side	None	Static	3	High	60 sec's	Posture - n. spine - alignment	30 sec's	45 sec's
4	Kneeling superman w. balance discs	16x	4 seconds	None	Controlled	4	Moderate	60 sec's	Core engagement - level hips	N.A	N.A
5	Hamstring curl w. swiss ball	2	20	None	Controlled	5	Moderate	60 sec's	Full rotation on each rep.	20	30
6	1 leg lateral throw w. partner	2x	15/side	2-4kg	Controlled	6	Moderate	60 sec's	Level hips - stability	15	25

**Phase Comments:**

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Weeks 5-7: add 15 seconds from week 4 for timed exercises + 4 reps from week 4 for the others

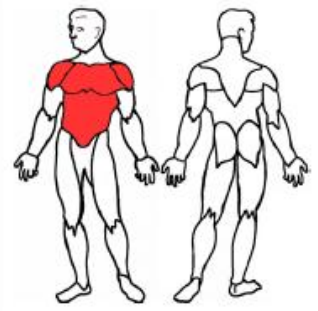
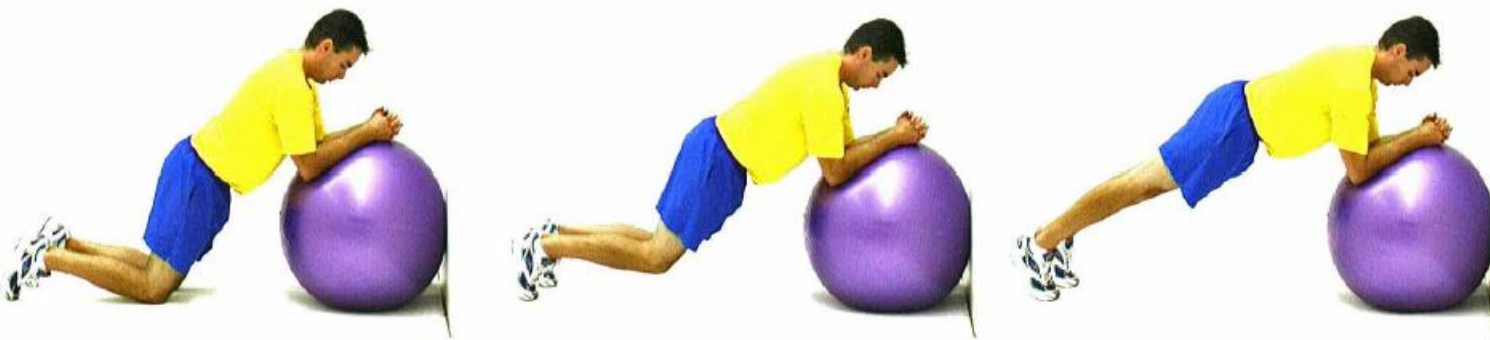
Weeks 8-9: same as weeks 5-7



**Cautions**  
Do not allow the knee of the lead leg to travel past the foot unless specified otherwise by an exercise professional.

**The Lunge w. Rotation**

Start with the torso slightly rotated with the medicine ball at approximately chest height. Step forward with a heel to toe pattern & rotate the medicine both ways across the body. Maintain a stable torso as the ball is rotated. Do not allow the shoulders to sway forward during the lunges. The knees should track in line with the centre of the feet. The length & depth of the lunge may vary depending on strength & flexibility levels. The speed of the rotation may



**Front bridge on swiss ball w. partner resistance**

Position the stability ball at the corner of a wall. Start with the knees on the ground with the forearms on the stability ball & the elbows under the shoulders. Maintaining a rigid torso, raise the knees off the ground to adopt a straight body position with the neck in line with the spine. Have partner gently roll the ball back and forth and side to side – maintain neutral spine.

**Cautions** - Do not allow the spine to sag as the body remains in the straight position.



**Prone stability w. rotation**  
Start with the hands under the shoulders, the feet on the stability ball with the torso straight. Keeping the shoulders stationary, rotate the torso to both sides in a smooth & continuous fashion. Start with a smaller range of movement then gradually increase the range as required.

**Cautions** – Maintain neutral spine – core engagement



**Kneeling superman on balance discs**  
Start with the hands forward from the shoulders & the knees behind the vertical position of the hips. Maintain neutral curves in the spine & raise the opposite arm & leg until they are in line with the torso.

**Cautions** - Keep the neck in line with the spine.



### Single leg med. Ball throw w. partner

Extend the hip & knee then throw the medicine ball against the wall. Return to the start position after each throw. The knee should track in line with the centre of the foot. The amount of hip & knee flexion may vary depending on the requirements of the exercise.

**Cautions** - Ensure that the space around is clear from other people in case the ball is dropped or if a throw is wayward.



### Stability ball hamstring curl

Position the foot securely on the stability ball with the hands on the floor. Lift the hips off the floor until the leg is in line with the torso then flex the knee. Return the body to the floor after each repetition or keep the body off the floor as the leg flexes.

Vary the position of the hands on the floor to assist with balance & place the hands across the chest to progress the

**Cautions** - Do not raise the body too high off the floor. If you have a history of neck or upper thoracic injury, seek professional advice prior to commencing this exercise.