



Presents



Core Strength

Practical Session
Led by Kevin Craddock

Basic Core Exercises

1) *Activate Trans Abs*

Lie flat on back with knees bent as shown. To activate the trans abs, raise the pelvis up slowly. It is important to note that when raising the pelvis, the back must remain flat on the floor and must not be raised. To complete the exercise, relax and then press the pelvis down into floor.



2) *Prone Hold*

Hold the position shown. Aim is to hold this position, with the body in a straight line, for one minute before resting. Gradually increase the hold time to progress the difficulty. Important to keep the knees off the ground and not to let the back slouch.



3) *Back Extension*

Lie face down on the floor with arms by the side. Raise the legs and shoulders off the ground, creating a 'U' shape, and hold for 10 seconds before relaxing. Progress the drill by raising the arms upwards as well.



4) *Superman*

Lie on belly with arms flat on ground above the head. Raise the left arm and right leg simultaneously (a) and hold for 10 seconds. Relax, and then complete the same action with the opposite arm and leg.

To progress the exercise, position body on all fours as shown in picture (b), and then complete the same routine.

(a)



(b)



5) *Bent Knee Sit up*

Important not to lift feet off the floor when raising the thorax.



6) *Oblique Sit-Up*

Same principal as the bent knee sit-up, only this time when raising the thorax, twist the body and bring the right elbow to the left knee.



7) *Swiss Ball L Hold*

Create an 'L' shape with the body by leaning against an exercise ball, shown below. Hold this stance for 30 seconds. Rest and then repeat. Increase the hold time to progress the difficulty level.



Advanced Core Exercises

1) *Overhead Squat*

Using a barbell, band or broomstick, lock the arms out above the head as shown below. Keeping the back straight, bend the knees and push the backside out, creating an arch on the lower back. Ensure to keep arms straight and feet facing forwards.



2) *Spiderman Walk*

In a press-up position low to the ground, walk forwards, maintaining the low position, bringing legs up and outwards as shown.



3) *Dumbbell Side Bends*

Holding a dumbbell in each hand, slowly lower one shoulder whilst maintaining a straight back. Do not bend knees to lower the dumbbell further. Complete 10 reps for each side.



4) *Weighted Lunges*

Holding one dumbbell per hand, take one large stride forward and hold the position shown below for three seconds. Change legs after each lunge. Complete 10 reps for each leg.



5) *Spiderman Push-Up*

Get into the push-up position. Before completing a push-up, bring the right knee up to the right elbow as shown below. Perform the push-up slowly and maintain a straight body line.



6) *Exercise Ball Back Extension*

Lying face down on an exercise ball as shown. Slowly raise shoulders back until you feel pressure on your lower back. Hold this position for five seconds before relaxing. Complete 10 reps.



7) *Partner Resisted Side Drops*

One partner is lying on the floor with knees bent and raised off the ground. The second partner is standing upright and swings partners ones legs towards the floor. Partner one must attempt to stop his/her legs from hitting the floor, in doing so they are contracting the core stomach muscles. Note, partner two must not swing the legs at full force.



8) *Inch Worm*

Standing upright, slowly reach down to the floor without bending the knees. When fingers are touching the floor, slowly and in small steps, walk the hands out across the floor until the body is parallel to the floor. Then, bring the body back to the starting position by slowly walking small steps in with the feet whilst keeping the legs straight at all times.



9) *Spinal Rolls*

Lye on back and bring knees up to the chest and hold this position. Gently rock the body back and forth, stretching the thoracic and lumbar spine.



Handball Core Strength Circuit

1) *Overhead Squat with Broom / Band / Medicine Ball*

Using a barbell, band or broomstick, lock the arms out above the head as shown below. Keeping the back straight, bend the knees and push the backside out, creating an arch on the lower back. Ensure to keep arms straight and feet facing forwards.



2) *Push up*

Standard push-up, ensuring the body line is straight. Perform the exercise slowly.



3) *Bent Over Flies*

Stand holding one dumbbell in each hand, with feet shoulder width apart and knees slightly bent. Slowly raise the dumbbells out to the side whilst keeping the elbows tucked in to the side of the body.



4) *Medicine Ball Lunge and Twists*

Holding a medicine ball or dumbbell of moderate weight, slowly complete a forward lunge, keeping the back upright at all times. When in the lunge position, twist the body to either side before returning to the starting position.



5) *Spiderman Walk*

In a press-up position low to the ground, walk forwards, maintaining the low position, bringing legs up and outwards as shown.



6) *Horizontal Rings Pulls / Cable Pulls*

Standing upright and maintaining good posture throughout, slowly pull the cables down horizontally until the arms are locked out straight at the sides of the body.



7) *Medicine Ball Side Lunge*

Holding a medicine ball or dumbbell out in front of the body, slowly lean to one side as shown below, keeping the back straight at all times. Repeat exercise ten times for each leg.



8) *Medicine Ball Wood Chops*

Standing with feet shoulder width apart holding a medicine ball. Reach up to the sky with the ball in the hands and outstretched arms. When reaching, twist the body to the side and raise the back foot of the ground as shown below. When fully outstretched, bring the ball horizontally across the body and to the opposite side of the body, slightly bending the knees, as shown below.



9) *Medicine Ball Oblique Throws*

In partners or against a wall, throw a medicine ball. Generate force by twisting the body from sideways to forwards before releasing the balls.



10) *Surfing Pop-Ups*

Lying face down on the floor as if on a surf board (Figure a). On coaches call, rapidly jump up and land in the position shown in figure (b), with knees bent and arms used for balance.

(a)



(b)

