

# **CORE TRAINING**

Core training consists of training your torso or mid-section consisting of the abdominal, low back, hips, & shoulders. These ideas can be implemented at the beginning, middle, or end of your workout or training session. The ideas & options are endless. You are the artist so put together a routine, which has variety in movements so you can achieve great core strength results.

## **Core I-Stability Ball-Choose any movements & perform 3-5 min. routine**

<b>Exercise</b>	<b>Sets x Reps</b>	<b>Progression</b>
Crunch-Sit on ball, back on ball	Time Interval: goal 1:00 min	Medicine Ball, plate, or DB in hands
Reverse crunch-on back, ball between legs	Time Interval: goal 1:00 min	Double crunch with med-ball, plate or DB in hands
Leg Curl-feet on ball, push-up pos.	Time Interval: goal 1:00 min	Single Leg-leg curl-same position
V-up (pike position)	Time Interval: goal 1:00 min	Single Leg
Low Back Extension-Super(wo)mans	Time Interval: goal 1:00 min	Medicine Ball, plate or DB in hands
Reverse hyperextensions-Legs up	Time Interval: goal 1:00 min	Medicine Ball, plate or DB between feet
Push-ups (feet on ball)	Time Interval: goal 1:00 min	Hands on ball
Skiers-feet on ball, twisting L & R	Time Interval: goal 1:00 min	Alternate single leg on ball & twist
V-up (pike pos)/push-up combo	Time Interval: goal 1:00 min	Single Leg
Russian Twist-back on ball, twist to L & R	Time Interval: goal 1:00 min	Medicine Ball, plate, or DB in hands

## **Core II-Medicine Ball-perform on wall, fast & explosively-Choose at least 2 movements per training session**

<b>Exercise</b>	<b>Sets x Reps</b>	<b>Progression</b>
Chest Pass or Throw	2-3 x 10-20	Seated, kneeling, standing (w/ or w/out footwork), increase weight of ball, perform w/ single leg
Overhead Pass or Throw	2-3 x 10-20	Seated, kneeling, standing (w/ or w/out footwork), increase weight of ball, perform w/ single leg
Side Pass or Throw (both sides)	2-3 x 10-20	Face the wall & twist or turn sideways to wall. Seated, kneeling, standing (w/ or w/out footwork), increase weight of ball, perform w/ single leg
Back arch throw-back to wall	2-3 x 10-20	Single Leg, Increase wt. Of ball
Wood Chop-between legs	2-3 x 10-20	Increase wt. Of ball, Single Leg
Wood Chop -to hip, knee, or ankle	2-3 x 10-20	Increase wt. Of ball, Single Leg
Push-ups (feet on ball)	Time Interval or 2-3 x 10-20	Hand on ball & switch hands, pass ball to other hand
Partner sit-ups-pass & catch	Time Interval: goal 1:00 min	Increase wt. Of ball
Seated Twists-feet up	Time Interval: goal 1:00 min	Increase wt. Of ball
Partner twists-seated	Time Interval: goal 1:00 min	Kneeling, standing, increase wt. Of ball

## **Core III- Functional Trainer-Cables, cords, &/or plate movements**

<b>Exercise</b>	<b>Sets x Reps</b>	<b>Progression</b>
Cable Chop/twist -to hip, knee, or ankle	2-3 per side x 8-10	Increase weight, twist high to low & low to high
Cable wood chops-middle, left, right	Time Interval: goal 1:00 min or sets	Increase weight, single leg
Plate Wood Chop -to hip, knee, or ankle	2-3 per side x 8-10	Increase weight, twist high to low & low to high
Weighted Crunches (plate) on ground	Time Interval: goal 1:00 min	Increase weight, add twist as you come up

## **Core IV-Hanging & Off-Bench Core Work**

<b>Exercise</b>	<b>Sets x Reps</b>	<b>Progression</b>
Hanging hip & knee flexion	Time Interval: goal 1:00 min	Medicine Ball, plate or DB between feet, add alternate knee crossover/twist
Hanging Straight Leg Raise	Time Interval: goal 1:00 min or sets	Medicine Ball, plate or DB between feet
Off Bench-Low back extension	Time Interval: goal 1:00 min or sets	Medicine Ball, plate, or DB in hands
Off Bench-Reverse Hyper Extensions	Time Interval: goal 1:00 min or sets	Medicine Ball, plate or DB between feet
Off Bench-Obliques- twisting both sides	Time Interval: goal 1:00 min or sets	Medicine Ball, plate, or DB in hands