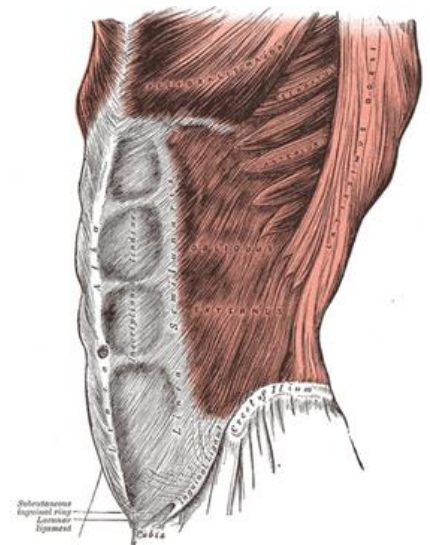


Core Stability Training

What is Core Stability Training?

Core strength training differs from many traditional weight training routines by working both the lower back and abdominals in unison. All athletic movements incorporate the core in some way.

Very few muscle groups are isolated. Instead, the whole body works as a unit and core strength training endeavours to replicate this.



Core Stability Training Benefits

- Increased Efficiency of Movement
- Improved Body Control and Balance
- Increased Power Output
- Reduced Risk of Injury
- Improved Balance and Stability
- Improved Athletic Performance



Core Training Exercise Examples



Exercise	Type	Date:		Date:	
		Sets	Reps	Sets	Reps
Plank (Prone Bridge)	Static				
Side Plank	Static				
Bridge	Static				
Superman	Static				
Side Lying Hip Abduction	Dynamic				
Oblique Crunch	Dynamic				
Straight Leg Raise	Dynamic				
Lying Windscreen Wipers	Dynamic				
Sit-up & Throw	Medicine Ball				
45° Sit, Catch & Pass	Medicine Ball				
One-Leg Catch & Pass	Medicine Ball				
One-Leg Twist Pass	Medicine Ball				
Side Touch Downs	Medicine Ball				
Kneeling Twist Pass	Medicine Ball				



Safety - Before carrying out any core training exercises it is important that you undergo a gym induction. This will firstly check that you are fit and well enough to weight train and that you are competent at using the gym equipment.