

Core Stability + Strength Training, for youth

Tutor: T. STEVENSON, 30th Nov 05. Loughrey.


* Always Warm up + Cool Down.

* Core Exercises on The Fit Ball.

Start off basic Exercises  Progress To LEG LIFT.

Always Proper Posture: Head up, Shoulders back, Back straight
Stomach sucked in.

Walk out on Ball  Progress To LEG LIFT.

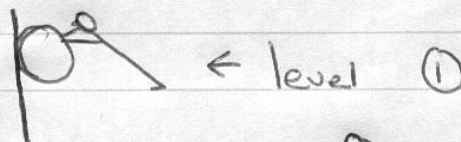
Tricip Dip on Ball 

Crunches on Ball  chin up (CORE KICKED IN).

Lower Back Extension

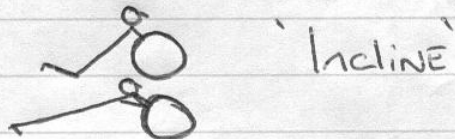


Press up Against WALL



Press up on Ball

level ②



" " " "

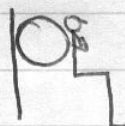
level ③

Crunches feet on Ball



Curl Towards Toes.

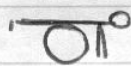
WALL SQUAT



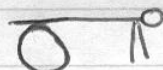
'Decline'

Press up (Hands on Floor)

Level ①



Level ②



Level ③



ADVANCE Level

Kneeling on Ball



SENIOR Gaelic & Rugby PLAYERS!

* "MED Ball Work out"

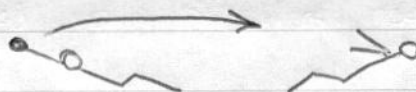
Push up on MEDICINE Ball



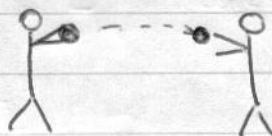
Sit up With Med Ball



Progress To sit up & Throw TO PARTNER



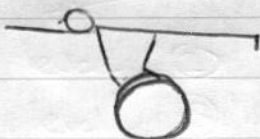
Power throw TO PARTNER



"Rugby + Gaelic Pass on Swiss Ball with medicine ball For ADVANCED senior County Players"



Ball Superman



Key points for program design

- in the interests of maintaining good form and decreasing the likelihood of injury it is advisable to perform no more than 6 stability ball exercises at any one time.
- the more complex exercises in a routine should always be performed first.
- an antagonistic superset can be performed to provide recovery time for fatigued muscles while maintaining the overall intensity of the session (ie an exercise using trunk flexion with an extension exercise).
- stability ball exercises should not be performed before free weight resistance training. This would result in the fatiguing of key postural muscles which need to be fully rested prior to free weight training. Musculo-skeletal injury may result.
- if stability ball exercises are performed after free weight resistance the number of ball exercises should be limited to 1 to 2. If you wish to perform more than 1 to 2 ball exercises the number of exercises and sets in the free weight routine should be reduced.
- stability ball exercises should be performed before machine based training.

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