

Increased CORE Strength Programme
(Repeat Three times a week - Monday, Wednesday, Friday)

Exercise	Reps	Sets	Rest	Technique Points
One Leg Balance	30 secs each	3	Superset - no rest between sets	<ol style="list-style-type: none"> Stand on one leg making sure your foot is pointing straight and there is equal pressure on the inside and outside of your standing foot Stand upright with a neutral spine Keeping your shoulder blades slightly drawn together
Marching Legs	10 each	3	Superset - no rest between sets	<ol style="list-style-type: none"> Lying on your back, bend your knees at approximately 90° Your feet should be hip width and pointing straight Make sure your palms are facing upwards (supine) Draw your naval in 10% towards your spine Posteriorly tilt your pelvis (pushing your low back against the floor) making sure you have gentle pressure on the floor Maintaining this pressure on the floor and your naval drawn in, bring one foot off the floor towards your shoulder on the same side and lower back down to start position. Repeat on the other side. It is extremely important to ensure that there is the same amount of pressure at all times on the floor with your lower back (lumbopelvic)
Pelvic Bridge	30 secs	3	Superset - no rest between sets	<ol style="list-style-type: none"> Lying on the floor face up, bend your knees, keeping your feet shoulder width distance apart and pointing forwards Turns palms out (supinated) so they are facing the ceiling Raise your hips until there is a straight line through your knees, hips and shoulders Make sure you have a neutral pelvic tilt, draw naval in and squeeze your glutes (bum cheeks) Hold for desired length of time

Exercise	Reps	Sets	Rest	Technique Points
Quad Supermans	10 each	3	Superset - no rest between sets	<ol style="list-style-type: none"> 1. Start with your hands and knees on the floor with a neutral spine. Your hands should be directly underneath your shoulders and your knees should be directly underneath your hips 2. Draw your naval in and simultaneously lift alternate arm and leg off the floor 3. As you do this maintain a neutral spine 4. You should aim to fully extend your leg and arm so that there is a straight line from the palm through your ear, shoulder hip, knee and ankle 5. Slowly return your hand and leg back to the start position and repeat
Plank	30 secs	3	Superset - no rest between sets	<ol style="list-style-type: none"> 1. Lying face down, clamp your fingers together and make a triangle between your hands and elbows 2. Draw your naval in, keeping a neutral spine lift your hips and knees off the floor until there is a straight line from your ear through your shoulder, hip, knees and ankles. At this point you should be on your toes and elbows 3. Hold this position for the desired length of time 4. If you experience any pain or discomfort or start shaking stop the exercise
Lateral Plank	15 secs each side	3	Superset - no rest between sets	<ol style="list-style-type: none"> 1. Lying on your side with your elbow bent and pointing forwards directly underneath your shoulder 2. Place one foot on top of the other, use your other hand to help, lift your hip and leg off the floor until you are balancing on the outside of one foot and the elbow/forearm 3. Point the arm in the arm, as in the diagram, and hold for the desired length of time

Exercise	Reps	Sets	Rest	Technique Points
Olympic Bar Clean	5	2	Perform these 5 exercises as Circuit. Rest for 2-3 minutes between sets. Use a Lighter weight than usual due to limited rest between exercises	<ol style="list-style-type: none"> 1. Grip olympic bar approx shoulder width 2. Start with toes under bar, shoulders in front of bar, head & chest up 3. Straighten legs, lifting bar up off floor, torso lifts up at same rate as legs 4. Bend knees underneath and torso moves upright 5. Jump and shrug bar, keeping bar close to body 6. As bar is coming upwards, drop underneath bar 7. Land in front squat position, with bar resting on fingers, elbows up (upper arm parallel with floor) catching the bar on top of shoulders 8. Stand up with bar remaining over head 9. Lower bar with control to collar bone, hip then floor. Repeat steps 2-7.
Body Weight/Dumbbell or Olympic Bar Squats	12	2	Perform these 5 exercises as Circuit. Rest for 2-3 minutes between sets. Use a Lighter weight than usual due to limited rest between exercises	<ol style="list-style-type: none"> 1. Wide foot stance approx heels should be in line with outside of shoulders 2. Feet pointing 5 to 1 or 10 to 2 3. Weight on heels before squatting 4. Hips break parallel i.e. centre of hip is slightly lower than centre point of knee
Olympic bar or DB stiff leg Deadlift	12	2	Perform these 5 exercises as Circuit. Rest for 2-3 minutes between sets. Use a Lighter weight than usual due to limited rest between exercises	<ol style="list-style-type: none"> 1. Stand holding the bar with overhand grip and arms to side 2. Place weight on heels and push bum backwards 3. Lower torso maintaining posture in spine with small curve in low back 4. Keep bar close to you as you lower bar until feel stretch in hamstrings (approx just below knee)
Assisted, Body Weight or Weighted Chin ups,	12	2	Perform these 5 exercises as Circuit. Rest for 2-3 minutes between sets. Use a Lighter weight than usual due to limited rest between exercises	<ol style="list-style-type: none"> 1. Start with arms straight (you can use a variety of grips - under, over, shake hand) 2. Lift body until chin is above bar 3. Return, with control, to start pos'n
Dumbbell Push Press	12	2	Perform these 5 exercises as Circuit. Rest for 2-3 minutes between sets. Use a Lighter weight than usual due to limited rest between exercises	<ol style="list-style-type: none"> 1. Feet approx hip/shoulder width 2. Start with Dumbbells resting on outside of shoulder, palms facing forward 3. Bend at the knee to approx half/partial squat and explosively press dumbbells overhead 4. Finish with arms in line with ear

Increased CORE Strength Programme

Increased CORE Strength Programme - Cardio

Session One

Session	Element	Exercise	Level/Resistance	Speed	Time	Sets	Heart Rate	Comments
1	Warm Up	Treadmill	1%	6-10kph	5 minutes	n/a	70-85%	Gradually Increase HR, speed & level over 5 mins
1	Intervals	Cycle	10	75-80rpm	1 minute	10	85%	Increase or decrease rest/work to suit fitness level i.e. Harder = Walk 1min run 2 mins , rpt
1	Cool Down	Treadmill or walk	n/a	5 to 3.5kph	3-5 minutes	n/a	<120/<12	Aim to get HR <100bpm
1	Stretch	n/a	n/a	n/a	30sec each x 3sets	n/a	n/a	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back

Session Two

Session	Element	Exercise	Level/Resistance	Speed	Time	Sets	Heart Rate	Comments
2	Warm Up	Treadmill	1%	6-10kph	5 minutes	n/a	70-85%HRM	Gradually Increase HR, level and speed over 5 mins
2	Intervals	Row	no. 5 or Drag 130	2'20"/500m	2 minutes	7	85%HRM	To make easier: run for 2 minutes. For variety can also walk or jog without stopping for 30 minutes
2	Cool Down	Treadmill or walk	n/a	5 to 3.5kph	3-5 minutes	n/a	<120bpm	Aim to get HR below 100bpm
2	Stretch	n/a	n/a	n/a	30sec each x 3sets	n/a	n/a	Quads, Hamstrings, Glutes, Adductors, Chest & Upper back