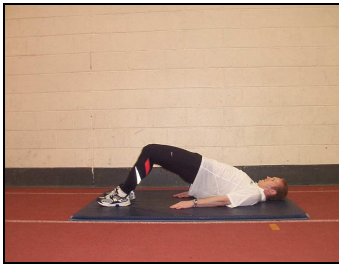


CORE STABILITY CIRCUIT

In athletics it's of extreme importance that all athletes develop core strength and stability. Whether your sport involves running, jumping or throwing there's no question the core will be involved in that activity, and developing a stronger core will help you in your quest to run faster, jump higher, and throw longer.

The following is a nine station core stability circuit, which can be incorporated into warm ups to activate the core musculature before speed and power workouts or used as part of your regular core training program. Each position should be maintained for 15-30 seconds. This will depend upon your ability to maintain proper body position. **Be sure to perform each drill with proper technique at all times!**

(1) Bridge (Feet Extended)



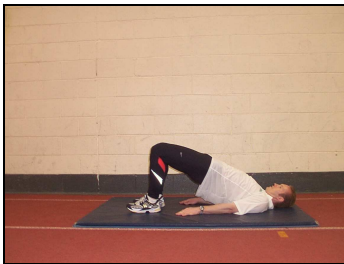
Set Up

Position yourself on the floor in a supine position with your hands flat by your side, palms facing down, and legs fully extended. From this position pull your feet in towards your buttocks. Your heels should be approximately one foot away from your hands. Feet should be flat on the ground at this point. Draw in your lower abdominals slightly and try to press your low back into the floor.

Movement

Focus on contracting your gluteal muscles and pressing through your heels in order to raise the hips to a position that enables you to achieve a straight line from your knee through your hips and shoulders. Your head should remain in contact with the floor throughout the entire drill. Hold this position for the specified time period.

(2) Bridge (Feet in Close)



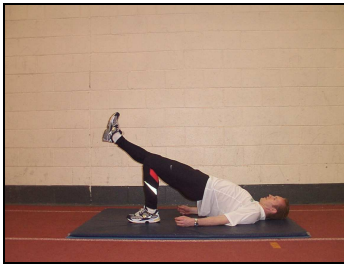
Set Up

The set up for this bridge variation is the same as in the Feet Extended Bridge, the only difference is that you pull your heels in a little closer to your buttocks, so your heels are positioned directly below the knees. You should be able to draw a straight vertical line from the heels through the knees. Follow all other set up procedures as above in the Feet Extended Bridge.

Movement

Again focus on contracting your gluteal muscles and pressing through your heels in order to raise the hips to a position that enables you to achieve a straight line from your knee through your hips and shoulders. Your heels should be positioned directly below your knees and again your head should remain in contact with the floor for the duration of the drill. Hold this position for the specified time period.

(3) Bridge + Leg Extension



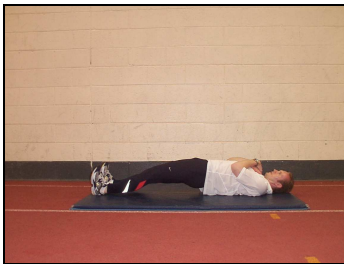
Set Up

The set up for this bridge variation is the same as in the Feet in Close variation.

Movement

Again focus on contracting your gluteal muscles and pressing through your heels in order to raise the hips to a position that enables you to achieve a straight line from your knee through your hips and shoulders. Your heels should be positioned directly below your knees. From this position straighten one leg keeping the knees aligned. Be sure to keep the big toe and the upper part of your foot pulled back towards you. Again, make sure your head remains in contact with the floor throughout the drill. Hold this position for the specified time period before repeating with the opposite leg extended.

(4) Hip Ups



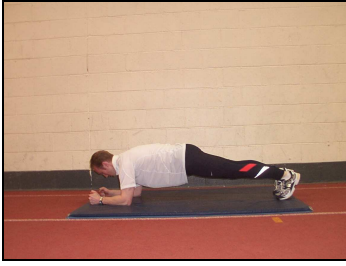
Set Up

Lie flat on the floor in a supine position with your legs fully extended, arms folded across your chest and head and shoulders in contact with the floor. Pull your big toe and the upper part of your foot back towards you. Keep your tummy tight by drawing in the lower abdominals slightly and pressing your low back into the floor. Maintain this tight tummy position throughout the drill.

Movement

Focus on pressing the heels into the ground to fire the glutes and hamstrings in order to raise the hips off the ground. At this point you should be supporting your body weight on your heels, upper back and shoulders. The glutes should only be 2-3 inches off the ground. Hold this position for the specified time period.

(5) Prone Bridge



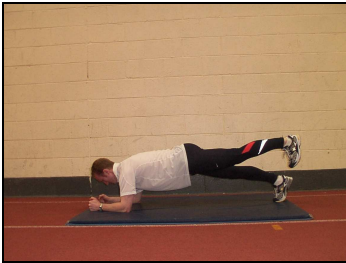
Set Up

Get into a prone position on the floor with your legs fully extended. You should be supporting yourself between your feet and forearms. Keep your elbows in close to your sides and position the elbows directly below the shoulders. Keep your head in natural alignment with the spine.

Movement

Keeping your tummy tight by drawing in the lower abdominals slightly, hold this position for the specified time period, making sure not to let your hips drop and avoid arching your low back.

(6) Prone Bridge + Leg Lift



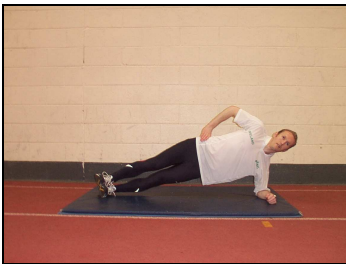
Set Up

The set up for this drill is the same as in the previous drill.

Movement

Keep your tummy tight as was mentioned in the previous drill. Maintaining this position lift one leg several inches off the floor keeping the big toe and the upper part of your foot pulled back towards you. Hold this position for the specified time period before lowering the extended foot back to the floor and repeating on the opposite side.

(7) Side Bridge



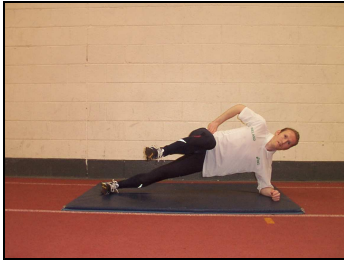
Set Up

Position yourself on your left side, with the right leg stacked on top of the left leg, your big toe and the upper part of your foot should be pulled back towards you. Your left elbow should be aligned directly below the left shoulder and the forearm should be resting on the floor. Keep your head in natural alignment with your spine and place your right hand on your right hip. The right shoulder should be aligned with the left shoulder.

Movement

Keep your tummy tight as mentioned in the previous drill and raise the hips off the floor so as to achieve a straight line from the foot through the hips and top shoulder. Hold this position for the specified time period before lowering to the floor and repeating on the opposite side.

(8) Side Bridge + Hip Flexion



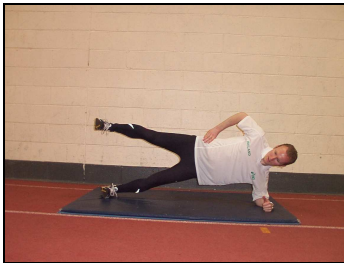
Set Up

The set up for this drill is the same as in the Side Bridge drill.

Movement

The initial movement is the same as in the previous drill. From here, flex the top hip and bring the knee to a position parallel with the hips, keeping the shin angle back and the big toe and the upper part of your foot pulled back towards you. Hold this position for the specified time period before lowering to the floor and repeating on the opposite side.

(9) Side Bridge + Leg Abduction



Set Up

The set up for this drill is the same as in the two previous Side Bridge variations.

Movement

The initial movement is the same as in the Side Bridge. From this position, raise the top leg so the thigh is parallel with the ground or slightly above parallel. Keep the big toe and upper foot pulled back towards you with the foot pointed down slightly. You can either hold this position for a specified time period, or alternatively you can raise and lower the top leg for a certain number of repetitions. If you choose to raise and lower the leg, make sure you don't allow the feet to touch at the bottom of the movement and keep the movement slow and controlled. Be sure to repeat on the opposite side.

Ian Graham

USATF Level II Sprints & Hurdles

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