



sportsinjuryscotland LTD
sports injury and rehabilitation specialists

Core Training Program

Sports Injury Scotland

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Prone Bridge

Lying on back with knees bent and feet on the floor, contract your glutes and slowly uncurl your spine until a straight line is formed from shoulders to knees.

Hold the position for 5 secs and repeat 15 times



Bird Dog

Kneeling on all fours, pull your belly button towards your spine to brace your core. Lift opposite leg to hand from the floor till they are parallel to the ground. Maintain a neutral spine. If this is too difficult start with either the arm or leg.

Hold for 5 secs and repeat 15 times

Plank

Position yourself face down, bringing your elbows under your shoulders raise up onto your toes bracing your core, keep your hips low.

Hold this position for up to a minute or multiples of 10 secs for beginners. Start on knees if too challenging.



Side Plank

Lying on your side, place your elbow under your shoulder and stack your feet on top of each other. Raising up on your arm so a straight line forms from your shoulder to feet. Keep hips low and in line.

Hold this position for up to a minute or multiples of 10 secs for beginners. Start on knees if too challenging.

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Clam Exercise

Lying on side, bend knees and hip, placing heels together open up knees while contracting the deep muscles in glutes. Aim to maintain contraction throughout the exercise.

Perform 3 sets of 10 (rep doesn't count if didn't maintain contraction)

Abdominal Curl

Lying on your back, bend one leg and keep other straight. while maintaining a neutral spine, contract your abs (draw belly button to spine) bring your head and shoulders of the ground, drawing your pelvis towards your sternum.

Perform 4 sets (2 each side) of 15-20 repetitions



Back Extension

Lying face down with hands at your temples. looking toward the ground lift head and shoulders off the ground until you feel a contraction in your lower back, hold there for 3 secs and lower.

Perform 3 sets of 15 repetitions



Single Leg Deadlift

Standing with hips shoulder width apart, lift one leg behind you, keeping hips stable, reach towards the ground, until the rear leg is parallel to the ground. return to the start position.

Perform 4 sets (2 each leg) of 15-20 repetitions



Leg Lift

On all fours, brace core and maintain a neutral spine, contract the glutes and lift the right leg behind you until the thigh is parallel to the ground. hold for a count of 3 and lower the leg, repeat on both sides.

Perform 4 sets (2 each leg) of 15-20 repetitions

