

Format & guidelines introduction program core stability and strength exercises 2007 season.

Goal: increase core stability and prepare for strength training.

Duration: +/- 40 minutes.

Nr	Exercise	Repeat	Series	Interval	Guideline
1	Specific WarmUp 10-10-10	2 minutes	1	n/a	10 sec squat – 10 sec push up 10 sec crunch
2	Lunges: Left / Right	10	3	45 seconds between series	Straight Back-look forward, knee not past toes, Power step back.
3	Push up: Hands at shoulderwidth, Left diagonal / Right diagonal	5 per position	2	45 seconds between series	Do not overstretch elbows, Back stays straight, Also allowed on knees.
4	Lunges with turn upper body	10	2	45 seconds between series	Turn shoulder towards front knee, (diagonal) Turn after placement of front foot, Maintain position for 3 seconds.
5	Push up with turn: Various hand positions (see No. 3)	5 per position	2	45 seconds between series	After each “up”: Point 1 arm up vertically, Look at the hand (turn neck) Keep feet at shoulder width
6	Squat non countermovement	10	1	n/a	Start from 90 degrees, Explosive lift, Land in 90 degrees and maintain position for 3 seconds
7	Lateral buddy pull (in pairs)	6 (3Left/Right)		n/a	Sit back to back, Arms hooked, Wrestle after signal, (Change buddy)
8	Squat body weight 1 sec	15	3	45	Down up to max 90 degrees, Arms in front of chest.
9	Shadow boxing	1 minute	2	n/a	Touch with open hands on shoulders, Lots of movement, Gum shields!!!
10	Ball wrestle 1 x 1 2 x 1	15 seconds	2 x 1 x 1 4 x 1 x 2	tempo	Gum shields!! Ball carrier moves body, Ball carrier stays on his feet.
11	Backbridge	3 x 15 sec Left / Right	3	n/a	Hips in line with body, 1 leg lifts on shoulderline.
12	Push up clap hands	6	3	45 sec	Also on knees, Explosive lifts.
13	Climb around (in pairs)	2 (each)	2	n/a	
14	Pull hands (in pairs)	20 seconds	1	n/a	Push-up position, Back straight, Face each other, Pull other hands.
15	Wrestle	20 seconds	2	45 secs	Gum shield! Start on knees, Shoulder on the ground means you lose.