

YUBA COLLEGE

ATHLETIC TRAINING PROGRAMS

CORE STABILIZATION

The following is an introduction to basic core strength and stabilization for uninjured individuals. Understand that there are multiple variations to all material presented. Any questions about progressions, variations, or other information, please contact your Athletic Trainer.

POTENTIAL BENEFITS OF PROGRAM

- IMPROVED ATHLETIC PERFORMANCE-
- DECREASED RISK OF INJURY-

Bridge on the Floor



While on your back, establish “shoulder-width” base with feet on the floor. First, contract abdominals by pulling the belly-button toward the rib cage. Second, lift pelvis off the floor while keeping abdominals and buttocks contracted. Shoulders, hips, and knees should be in line with each other (at an angle as shown in picture). Focus on abdominal contraction. *Variations: one-leg bridge, bridge on ball.*

Abdominal Isometric Hip Flexion

Begin exercise in the same starting position as the bridge on the floor. First, contract abdominals by pulling the belly-button toward the rib cage. Second, lift on leg to 90 degrees and place the same-side hand on the knee, keeping the abdominals contracted. Push your knee into your hand and your hand into your knee so there is no movement of either your leg or hand. Focus is on abdominal contraction. *Variations: hand on opposite leg, hand on inside of leg, both legs up at the same time.*



Core Position on Ball



With feet maintained firmly against the wall (as seen in picture), begin on knees with ball comfortably under hips. Contract abdominals by pulling the belly-button toward the rib cage. Slowly straighten knees and contract buttocks extending body over ball into plank position. **Do not** over extend back. Keep in-line with hips and shoulders. Maintain abdominal and buttocks contraction and squeeze shoulder blades together keeping head and neck in neutral positioning (eyes focused on floor). *Variations: arms above head, alternating extension.*

Planks



Start lying on your stomach and position your elbows directly under your shoulders. Contract your abdominals by pulling the belly-button toward the rib cage. While maintaining abdominal stability, lift knees and hips off the ground (as seen in picture).

Do not over extend back. Keep shoulders, back, hips, and knees in-line with each other. *Variations: Side plank (as seen in second picture).*



“Superman’s”



Start lying on your stomach with legs and arms outstretched. Contract your abdominals by pulling the belly-button toward the rib cage. Then, lift one arm and opposite leg 1-2 inches off the floor. Do not over extend the back. Focus on the abdominal contraction. *Variations: one arm or leg up; both arms and/or legs up.*

Advanced “Superman’s”

In this advanced position, start on hands and knees with wrists under shoulders and knees under hips. Contract abdominals by pulling the belly-button toward the rib cage. Then, lift one arm and opposite leg even with the back (as seen in picture). Do not over extend the back. Focus on abdominal contraction and keeping hips and shoulders in-line with the back. *Variations: just an arm lift or leg lift.*



**** Hold each position for no less than 10 seconds. Come back to starting position before repeating exercise ****

**** Any questions or concerns contact Greg or Corey at (530) 741-6837 or visit us in the Athletic Training Room ****