

Core & Strength Circuit March- October - 2020

1. Squats - 15 reps
2. Plank – 60-90 sec
3. Bounding – 20m
4. Leg Raises 30 secs (double legs) laying on back or hanging leg raise 10 reps– (Chin up bar)
5. Push up 10 – 20
6. Box jumps x 10
7. Reverse Crunches - 10
8. Bunny hops – 15 - 20m
9. Superman - 5 per side hold for 10 sec
10. Step up drive – 10/ side
11. Bananas - 10
12. Lunges - 10 /side (pulse, moving, alternate)
13. Wall drive – 10 / side
14. Side Plank clams – 10 per side

NB: Do above circuit: 3 x through

Aim: 2 x per week

Description

Plank

The plank involves minimal movement but maximal effort, requiring you to support your body on your forearms and toes while holding your body in a straight line from your shoulders to your ankles. You can make it easier by resting on your knees, or harder by extending your arms so you're supported by your hands.

Superman

Start in all four position. Slowly raise left arm infant to straight position while right leg extends out straight off ground. Aim to keep body in straight line. Hold then return to all fours and swap legs/arm.

Banana

Lie on stomach, lift both arms up and straight in front, off ground And legs up – hold - 10-15sec

Box jumps

Adopt a squat position, with hands by your side and back use them to thrust and help momentum. Jump onto a 60cm high box, landing on your feet. Jump back down into a squat position and spring quickly back up.

Hanging leg raises

While hanging from a pull-up bar with an overhand grip, bend your knees and raise your hips until your thighs are near your chest. Pause, lower and repeat.

Reverse crunches

Lie face-down on the floor, hands behind your head. Lift your torso off the floor, twisting up and to the right. Relax and return to neutral position. Lift your torso and twist to the left. Repeat

Side Plank Clams

Lie on your left side, feet tucked behind you, knees in line with your body. Prop your torso up on your left elbow and raise your hips off the ground in a modified side plank. Place your right hand on your right hip. Open and close your knees in modified clam pose. Repeat. Next set, switch sides.

Bunny hops

With your feet shoulder-width apart, squat down and bring both arms back. Drive your arms forward and jump as far ahead as you can ahead. Land and quickly repeat the jump.

Bounding

Leap forward, landing on the front of your right foot. On landing, immediately leap forward onto your left foot. Use your arms to power your body through the air.

Wall Drill

Athletes have to lean against the wall at a diagonal angle, pick one knee up so that the shin and body are parallel, and then explosively switch legs. The hip flexor's role is key in forward knee drive, so it is important to maintain a tight core and body position to effectively perform the drill and create separation between the hips.