



PROGRAM FOR VIC SKI TEAM SKI TEAM

CORE STABILISATION VIC SQUAD INTRO

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Introduction

The goal of every core stabilization training should be to increase postural control, improve muscle length-tension relationship (LTR) and improve intrinsic stabilization of the lumbo-pelvic-hip complex to allow for the expression of functional strength. This phase of training involves gearing the acute training variables toward STRENGTH-ENDURANCE ADAPTATIONS: REPS: 20-25 SETS: 2-3 INTENSITY: 50-70% VOLUME: 36-75 REP TEMPO: 3/2/1 (eccentric/isometric/concentric) REST INTERVAL: 30-60 seconds

Warm Up

Always start every session with a bit of foam rolling key areas, and follow with static stretching at the end of the session

Cardio Program

Activity	Intensity	Duration	Comments
Walking	60/79% HR Max or 6-7 R.P.E.	10-15 minutes	Perform cardio activity AFTER weight training.

Summary Of Program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Hop with Stabilization - Frontal Plane (Transverse)	Exercise	1-2	20	60 sec	slow	50%	0
Bridge on Floor	Exercise	1-2	20	60 sec	slow	50%	0
Cobra - Floor	Exercise	1-2	20	60 sec	slow	50%	0
Side Iso-abs with Crunch	Exercise	1-2	20	60 sec	slow	50%	0
Side Iso-abs with Frontal Plane Movement	Exercise	1-2	20	60 sec	slow	50%	0
Squat - 1 Leg	Exercise	1-2	20	60 sec	slow	50%	0
Push-Up - Scorpion	Exercise	1-2	20	60 sec	slow	50%	0
1 Leg Balance Reach	Exercise	1-2	20	60 sec	slow	50%	0

One leg balance with arm drives (in all directions)	Exercise	1-2	20	60 sec	slow	50%	0
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Cool Down

The purpose of the cool-down is to slowly decrease the heart rate and overall metabolism, both of which have been elevated during the exercise session. This helps prevent any sudden pooling of blood in the veins and ensures adequate circulation to the muscles, heart, and brain; as well as preventing delayed muscle stiffness, soreness, and reducing any tendency toward post-exercise dizziness or fainting. Same stretches as warm-up.

PROGRAM EXERCISES

HOP WITH STABILIZATION - FRONTAL PLANE (TRANSVERSE)

Reps: 20 | Sets: 1-2 | Intensity: 50% | Tempo: slow | Rest: 0 |

Duration: 60 sec

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Preparation :

- > Balance on one leg with hands on hips and knee slightly flexed.
- > Keep abs drawn in and head in a neutral



position.

Movement :

- > Move laterally to the opposite leg, stabilize the landing for 2-4 seconds, then move in reverse direction to starting position and stabilize, keeping knee over 2nd & 3rd toe.
- > Utilize the same format to move in the sagittal and transverse planes, by hopping from one leg to the other in a forward and turning manner.



Progression Considerations :

- > Hoping with rotation in the transverse plane, stabilize the landing for 2-4 seconds, then move in reverse direction to starting position and stabilize, keeping knee over 2nd & 3rd toe.
- > Utilize the same format to move in the sagittal and transverse planes, by hopping from one leg to the other in a forward and turning manner.

BRIDGE ON FLOOR

Reps: 20 | Sets: 1-2 | Intensity: 50% | Tempo: slow | Rest: 0 |

Duration: 60 sec

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Preparation :

- > Begin by lying flat on floor in supine position with

knees bent, feet flat, toes pointing straight ahead and arms by sides.

- > Activate core by drawing navel towards the spine and squeezing the glutes.



Movement :

- > With core activated and glutes squeezed, lift hips off ground to form a straight line between knees and shoulders.
- > Hold and slowly return back to floor, touching floor momentarily then repeat.
- > If your client feels their hamstring cramping, check their pelvis for correct alignment. Pelvis should be neutral - asis and psis should be even or horizontal. If there is a misalignment correct it. If you aren't sure then gently stretch the quads and try the exercise again.



COBRA - FLOOR

Reps: 20 | Sets: 1-2 | Intensity: 50% | Tempo: slow | Rest: 0 |

Duration: 60 sec

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Preparation :

- > Laying face down on the floor in prone position, have arms beside your hips.

- > Activate core by drawing in navel towards spine and squeezing glutes.



Movement :

- > With core and glutes activated, lift chest off the floor, lift arms up and back towards the hips rotating thumbs towards the ceiling.
- > Pause momentarily at the top of the lift then return to starting position; at all times keeping the chin tucked into the chest.
- > Upon completion of the movement, repeat.
- > Don't over emphasize arching of the back to lift the chest off the floor. Only lift to where the client is comfortable – no lower back pain should be felt. If so check sequencing of glute, erectors and hamstrings.



SIDE ISO-ABS WITH CRUNCH

Reps: 20 | Sets: 1-2 | Intensity: 50% | Tempo: slow | Rest: 0 |

Duration: 60 sec

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Preparation :

- > Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex



and neutral spine angles.

- > Initiate a thorough dynamic warm-up prior to starting this exercise.
- > This engages the nervous system.



Movement :

- > This movement involves a side iso-abs hold with a rotation crunch motion.
- > Perform a side iso-abs hold.
- > Take the top arm, place the hand behind the ear and rotate the elbow towards the ground (as shown).
- > Repeat for desired number of repetitions.
- > TRAINERS: Ensure the body line is straight, the visual gaze is straight ahead and the shoulders and trunk rotate.

SIDE ISO-ABS WITH FRONTAL PLANE MOVEMENT

Reps: 20 | Sets: 1-2 | Intensity: 50% | Tempo: slow | Rest: 0 |

Duration: 60 sec

[VIEW VIDEO](#)

Preparation :

- > Maintain good posture throughout the exercise with shoulder blades retracted and depressed,

good stability through the abdominal complex and neutral spine angles.

- > Initiate a thorough dynamic warm-up prior to starting this exercise. This engages the nervous system.

Movement :

- > This movement involves a side iso-abs position with hip movement in the frontal plane.
- > Perform a side iso-abs hold.
- > Raise the top arm towards the ceiling with palm facing forward.
- > Looking straight ahead, move the hip complex up and down in the frontal plane (as shown).
- > Ensure not to overly side flex the spine (a movement of 10-20cm or 6-8 inches is recommended).
- > Repeat for desired number of repetitions.
- > TRAINERS: Ensure the body line is straight, the visual gaze is straight ahead and that there is movement at the Lumbo Pelvic Hip Complex as well as the shoulder complex.



SQUAT - 1 LEG

Reps: 20 | Sets: 1-2 | Intensity: 50% | Tempo: slow | Rest: 0 |

Duration: 60 sec

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Preparation :

- > Perform drawing in and pelvis floor contractions.
- > Lift one leg off the floor and dorsiflex elevated ankle.
- > Keep feet parallel in frontal plane.
- > Maintain level hips.



Movement :

- > Grip toes in your shoes or on the floor (IF NO SHOES).
- > Initiate the squat by bending the knee, keep the shoulder blades down and together.
- > As your knees bend, flex forward slightly in the spine but keep chest up.
- > Squat down as deep as you can with good control, maintaining heel contact with floor and watching hip and knee alignment (no pronation).
- > Return back to starting position and repeat.
- > Progressions: Inertia progressions, no weight to dumbbells to cables to tubing.

PUSH-UP - SCORPION

Reps: 20 | Sets: 1-2 | Intensity: 50% | Tempo: slow | Rest: 0 |

Duration: 60 sec

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Preparation :

- > Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.
- > Client should maintain a lengthened position (from head to toe) throughout this exercise.



Movement :

- > This exercise combines a floor push-up with a scorpion active mobility movement.
- > Start prone on the ground with the hands slightly wider than the shoulders.
- > Perform a complete push-up (for description see 'push-up' in Exercise Library).
- > Once you return to the 'up' position, perform a scorpion movement by bringing the right heel towards the left shoulder (for description of 'scorpion' movement – see active stretch section of Exercise Library).
- > Perform right heel scorpions for desired repetitions, then left heel scorpions.
- > TRAINERS: Ensure that there is no excessive arching in the lumbar spine ... especially during scorpion movements.

1 LEG BALANCE REACH

Reps: 20 | Sets: 1-2 | Intensity: 50% | Tempo: slow | Rest: 0 |

Duration: 60 sec

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Preparation :

- > Stand on one leg with the knee slightly bent and hands on hips.



Movement :

- > Reach the opposite leg to the FRONT (sagittal), then to the SIDE (frontal), then diagonally BACK and OUT (transverse), without altering optimal alignment of the balancing leg. The knee must remain over the second and third toes.
- > If this multiplanar approach is too advanced, simply start with one plane at a time (i.e., sag, front, trans).
- > Maintain optimal spinal alignment throughout the exercise.
- > PLEASE NOTE: The picture ONLY demonstrates the SAGITTAL plane.



ONE LEG BALANCE WITH ARM DRIVES (IN ALL DIRECTIONS)

Reps: 20 | Sets: 1-2 | Intensity: 50% | Tempo: slow | Rest: 0 |

Duration: 60 sec

[VIEW VIDEO](#)

Preparation :

- > Ensure the individual is very proficient at single leg exercises (search exercise library) before prescribing this exercise.



Movement :

- > Stand tall on one leg with the gaze straight ahead.
- > Keep the gaze fixed on one point throughout this exercise.
- > Bend the grounded leg to approx 20°.
- > Hold a single leg balance and bring the arms so shoulders and elbows are at 90° with full horizontal abduction and palms facing forward.
- > Move the torso in all three planes of motion as shown.
- > Take care to maintain posture and core stability as client proceeds through the different ranges of motions.
- > Trainers: If there is pain, loss of balance, of altered neuromuscular control - reduce the range of motion.

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