

Day 5

Tips:

- Total control of the torso is necessary to get the most benefit out of these exercises. Slow and controlled motion is required on all exercises.
- You are not looking for speed. On applicable exercises, hold your position and isolate the muscles before proceeding on to the next repetition.

Lower Abdominal Exercises

1 set 40 secs

Leg Raises

Hands under hips, legs straight, feet do not touch ground



1 Set of 20

Throw downs

With partner standing at head of person on ground
Player on ground raises legs vertically
Partner pushes legs
Player on ground keeps legs straight and does not let them touch ground

Obliques (Twisting Exercises) – work the external upper abs

1 set 20 each side

Side Crunches

Lie on one side,
Raise torso “up” toward ceiling
At end of set hold for 10 sec. (isometry) then do 10 smaller crunches

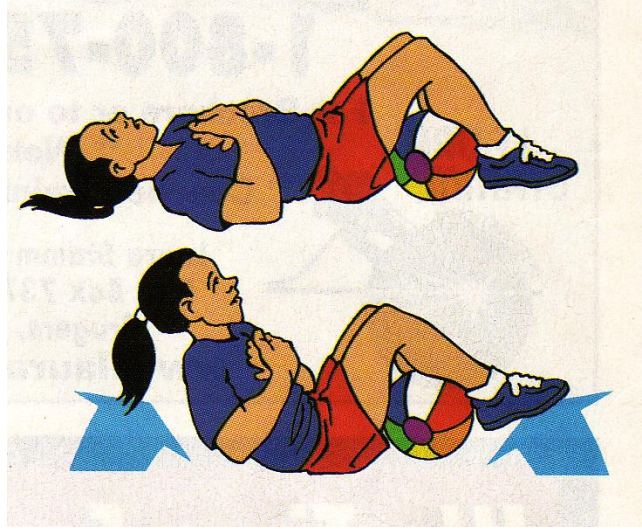


Upper Ab Exercises – work the upper abs only

1 set of 20

Crunches: Intermediate

- Find a beach ball or a Swiss training ball, if you have access to one. If not, you may even use a basketball or soccer ball.
- Position yourself as described above. Place the ball under your knees so that you can pinch the ball with your feet up against the back of your legs.
- Simply perform the crunch as described in the beginning section, but now you also want to lift the ball off the ground as you raise your shoulders off the ground.
- This does two things. First, it allows you to work the very important lower core muscles. Second, it allows you to focus on your core muscles without working the upper leg muscles that are often worked when doing crunches and sit-ups.
- To work the obliques, simply twist your knees as your feet come off the ground and again attempt to touch opposite elbow to knee.



Or try...

Crunches: Advanced

- You will probably want to use a smaller ball for this exercise. Instead of a beach ball or Swiss ball, try using a soccer ball.
- Lie flat on your back with the ball in your hands. Raise your feet so that your legs are straight and your feet are above your body.
- Raise your upper body off the ground with the ball in your hands and attempt to place the ball between your feet.
- Leaving the ball between your feet, slowly lower your upper body to the floor. As soon as your shoulder blades touch the ground, perform the process again, only this time pulling the ball away from your feet.
- To work the obliques, put both hands on one side of the ball when placing or taking the ball between the feet.
- Be sure to work both sides.



1 Set of 15 each elbow

1/2 Twist

Knees and hips at 90° bend

Torso off ground at 45°

Rotate right elbow to left knee.



Back Exercises – Be sure to work back muscles which “oppose” and balance ab muscles

1 set of 20 seconds

Superman Push-ups: Intermediate

- Perform the same exercise as described in the beginner section but now move your elbows out farther from your feet, more towards the top of your head. This will create more stress on the core muscles.
- Make sure your midsection does not “sag” while you perform this exercise.
- The farther you move your arm out towards your head, away from your body, the more difficult the exercise.



Variation: **Obliques:** To place more stress on the oblique muscles you may want to move your upper body to the left as far as possible and then to the right as far as possible while staying on your elbows.

Or try...

Superman Push-ups: Advanced

- Lay flat on the floor with arms extended out over your head.
- Now attempt to lift your body off the ground allowing only your toes and hands to touch the ground.
- This is very difficult and most athletes I work with, even some pros, have a hard time performing this exercise.



Bridging Exercise

1 Set of 30 seconds each leg

Seal Bridge with Leg Lift

Same position as Seal Bridge.

Lift one leg off of ground.

Hold 1:00-3:00

Repeat for alternate leg



Core/Abdominals

1 Set of 30 seconds

Side Bridge – Straight Arm

On side, extend arm out straight with palm on the ground.

Keep body in a straight line.

Hold 0:30-2:00

Repeat for alternate side



Rotation

1 set of 10 CCW

1 set of 10 CW

Side Bridge Straight Arm Leg Circles

On side, extend arm out straight with palm on the ground.

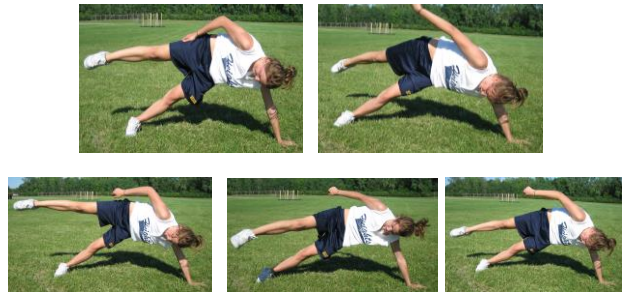
Keep body in a straight line.

Raise upper leg until it is parallel to ground

Keeping leg straight, rotate foot in a 1 foot diameter circle perpendicular to the ground

10-15 circles each direction (CCW & CW)

Repeat for alternate leg.



2 sets 45 – 60 seconds

Cross Bridge

Lying face down on floor with arms together pointed straight away from head, in line with body.

Raise arms and legs a couple of inches off of the ground.

While arms are in air, spread them out to the sides of body, in line with shoulders.

Hold 0:45-1:30



Core/Abdominals

Upper Body:

Dynamic Flexibility (see Dynamic Flexibility in Warm-up Section)

Front Shoulder Rolls

Back Shoulder Rolls

Dynamic Flexibility/Strength Exercises

Front Crawl	
Knees off ground Butt higher than the shoulders The majority of weight should be on the arms Perform the crawl in slow controlled manner	

1 Set of 5 minimum – go for maximum

Regular Push-ups

1 Set of 5 minimum – go for maximum

Narrow Arm Push-ups

1 Set of 5 minimum – go for maximum

Controlled Push-ups (up full, ½ down, down full, ½ up, up full)