



FITNESS 4 CRICKET

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CORE STABILITY SAMPLE DRILLS

THESE SAMPLE DRILLS ARE NOT AN EXERCISE PRESCRIPTION

These sample drills are not an exercise prescription but a list of drills that may be used to develop core stability.

BRACE THE ABDOMINALS DURING ALL DRILLS

For all the drills in this Sample you need to brace your abdominals. To do this, imagine you need to stop yourself from 'peeing' and 'scoop' the lower part of your stomach, below the navel, 'up and in' to activate the 'trans abs.' This does not need to be a maximal effort - to isolate this muscle it is better to apply a 2-3 out of 10 effort. Also contract your remaining abdominal muscles to achieve a 'full brace' and breathe normally.

SQUEEZE YOUR GLUTEALS

During drills that challenge your gluteal muscles, recruit (squeeze) the glute or gluteals prior to initiating the drill.

NEUTRAL ALIGNMENT

'Neutral' alignment should be maintained for the most effective use of stabilising and mobilising muscles. There should be no excessive arching in the lower back or rounding of the shoulders. Visit [Core Stability>Posture](#) for more information on neutral alignment.

SHOULDER GIRDLE STABILITY

The key point during these drills is that you aim to keep your shoulder blades set and down and don't allow your upper traps (upper shoulders) to raise during these drills.

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Breathe normally during all drills. The sets, repetitions and rest times are examples only, and are not appropriate for all users.

1. ABDOMINAL BRACE - SINGLE LEG EXTENSION

- Lie on floor, arms by side, knees bent
- One foot on floor, other leg slightly raised
- Brace abdominals
- Slowly extend raised leg
- Ensure low back maintains neutral alignment



Complete 3 sets of 12 repetitions.
Rest 60 seconds between sets.

2. ABDOMINAL BRACE - ELBOWS & TOES

- Lie face down, support body on forearms & toes
- Ankle, hip & shoulder in alignment
- Brace with abdominals



Hold for 60 seconds.
Repeat 3 times.

3. ABDOMINAL BRACE - HEALS ON STABILITY BALL

- Lie on floor, heels on crest of stability ball
- Hips extended, shoulders, hips, knees & ankles align
- Maintain balance



Hold for 60 seconds.
Repeat 3 times.

4. HIP EXTENSION - BRIDGE

- Lie face up, knees bent, feet flat on floor
- Squeeze glutes and lift hips to align with shoulders & knees
- Hold position for 2-3 seconds



Complete 3 sets of 10 repetitions.
Rest 60 seconds between sets.

5. HIP EXTENSION - BRIDGE - SINGLE LEG

- Lie on back, one knee bent, foot on the floor
- Other leg straight, knees side by side
- Lift hips to align with shoulders & knees
- Keep hips square
- Hold position for 2-3 seconds



Complete 3 sets of 10 repetitions.
Rest 60 seconds between sets.

6. TORSO ROTATIONS - STABILITY BALL

- Lie with shoulders on crest of stability ball
- Knees bent, feet flat on floor
- Lift hips to align with shoulders & knees
- Keep hips in position, rotate torso & roll onto one shoulder
- Repeat in the other direction



Complete 3 sets of 10 repetitions.
Rest 60 seconds between sets.

7. TORSO ROTATIONS - STABILITY BALL - MEDICINE BALL

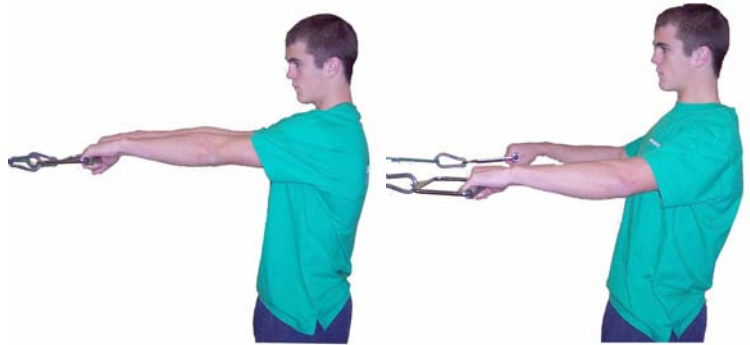
- Lie with shoulders on crest of stability ball
- Knees bent, feet flat on floor
- Lift hips to align with shoulders & knees
- Hold medicine ball directly above shoulders
- Keep hips in position, rotate torso & roll onto one shoulder
- Repeat in the other direction



Complete 3 sets of 10 repetitions.
Rest 60 seconds between sets.

8. SCAPULAE RETRACTION - STRETCH CORD

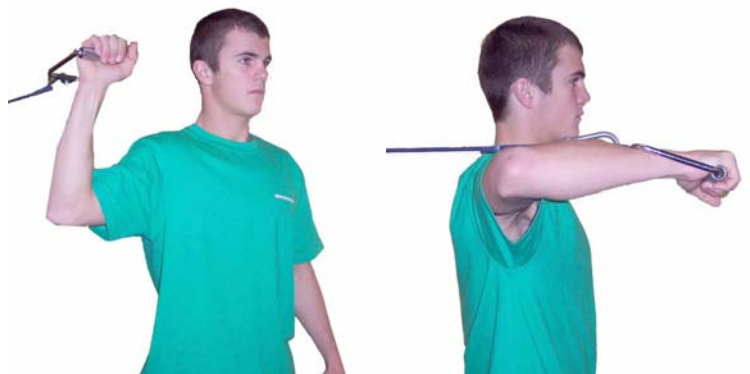
- Stand facing wall mounted shoulder height stretch cords
- Hold stretch cords with arms out front
- Walk backward until cords are tight
- Pull shoulder blades together & down
- Return to start position



Complete 3 sets of 10 repetitions.
Rest 60 seconds between sets.

9. SHOULDER INTERNAL ROTATION - ABDUCTION - STRETCH CORD

- Stand with back to wall mounted shoulder height stretch cord
- Grasp stretch cord, elbow abducted to shoulder height
- Palm facing forward
- Medially rotate the arm
- Maintain position of elbow & shoulder blade throughout
- Use other arm to check shoulder blade maintains position



Complete 3 sets of 10 repetitions.
Rest 60 seconds between sets.