

CORE Conditioning: Intro Program

(Ron Jones, MS, ACSM Health/Fitness Instructor)

All balance and movement starts in your core or midsection; therefore, *your training should begin with core training*. The core is more than just front abdominals—core is the whole midsection of your body that goes from groin to upper back and chest—including sides. Without good core development, you will not be able to move and react efficiently whether you are a XC runner, football player, or senior citizen. Good core development is a type of “*Functional Training*” that will enhance all human movement for all populations and activities of daily living. *Functional Training of the core is not just for athletes—it’s for everyone!*

General Directions: As ability allows, perform the following exercises each week after your Movement Prep to further develop and maintain “functional” core strength, joint mobility, and overall body strength. Reps, sets, and intensity will vary by individual. Never exceed your capacity! Progress safely. DO NOT attempt any movement that is unsafe for current fitness level.

Dynamic Warm-Up: Movement Prep Exercises *(See separate handout)

CORE Bridging: (10-30 seconds per bridge, ≤ 5 minute sets)

- Supine (Face Up)
- Prone (Face Down)
- Side
- Dynamic (Prone & Sides)
- T-Stabilization Lock Out

ABS/Obliques/CORE: (10-30 second sets)

- Bicycling *(Best Choice)
- Cross Crunch
- Russian Twist

Back/CORE: (10-20+ rep sets)

- Superman Pointer *(Best Choice)
- Bird Dog

Upper Body Strength/Stability/CORE: (5-20 rep sets)

- Bar Dip & Pull Up
- **Push-Ups:**
 - Military (Wall>Table>Chair>Knees>Negative>Ground)
 - Narrow
 - Wide
 - Split
 - T-Stabilization
 - 1-Arm Negative
 - Medicine Ball
 - Stability Ball
 - Push Up Matrix
- Dumbbell Row
- Shoulder Matrix

Lower Body Strength/Stability/CORE:

- Squat
- Lunge
- Leg Matrix
- Dumbbell Matrix

Cool Down Mobility/Flexibility/Stretches:

- **Yoga Poses:** (10-30 seconds)
 - Triangle & Warrior I, II, III
- **Static Stretches:** (20-30 seconds)
 - Standing Hip Flexor
 - Standing Hamstring
 - Lying Cross-Knee
 - Iron Cross
 - Selected exercises from Movement Prep as desired

➤ To see exercise photos & directions, go to: www.ronjones.org/Coach&Train/index.html (3-17-04)