

# NWA: Core Body Strength

Daniel Hoy .. Herald-Sun, April 12, 2010

**Progress Patiently  
Progress Carefully**

**Core Training** is the latest buzzword in health and fitness.

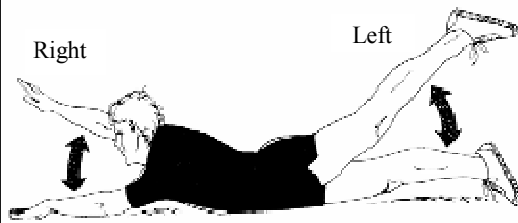
When they speak about working on your core muscles, they are referring to the muscles in your stomach and your lower back.

These muscles are responsible for originating most functional movement that involves your entire body, including playing a role in most sports.

Your core also has a large part to play in your posture, and aligns the spine, ribs, and pelvis to resist a specific force, whether static or dynamic.

Having good core strength can help prevent injuries in most sports and can also improve your posture.

## Cross Body Lifts



Hold for 2-3 seconds; 5xRArm / LLeg + 5xRLeg

Messages come from the left hand side of the brain to the right hand side of the body; and visa versa

Cross Body Lifts can improve the efficiency of message delivery and should be done (2-3 sets) 4-5 times a week by all (junior) athletes.

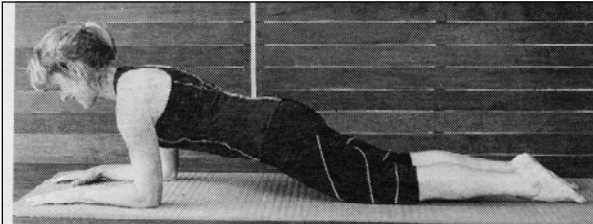
e.g. include in your sport-specific warm-ups.

## Another Example

**LEAN ON THE BALL, ROLL BACK UNTIL COMPLETE LEG EXTENSION AND COME BACK TO INITIAL POSITION.**



Hold extended position for 10-15 seconds  
x 6



## PLANK

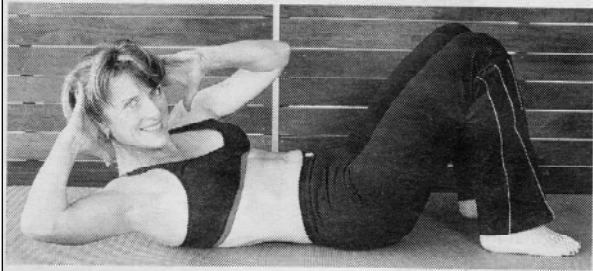
The full plank is a very effective exercise to develop our core and shoulder stabilisation. Only attempt the full plank if you have sufficient abdominal and shoulder strength to maintain good body alignment, otherwise start with the modified version.

**1** Start with hands directly under the shoulders and knees under hips. Stabilise your upper body and keep the length between shoulders and ears. Draw the navel to spine and engage your glutes slightly, tucking your tailbone under.

**2** Inhale. Reach one leg back with a minimal weight shift, creating a straight line from head to toe on one side.

**3** Exhale. Extend the other leg back into the full plank position, with arms and legs firm and straight, creating a strong, solid bridge that will not budge under pressure.

**4** Hold for 8-10 breath cycles, depending on strength, then return legs to the floor. Increase the time held in this position if a more challenging level is required.



## CRISS CROSS

Criss-cross action of the lower body is identical to the single-leg stretch. Maintaining a stable pelvis with the rotation of the torso is the key for strengthening the oblique abdominal muscles.

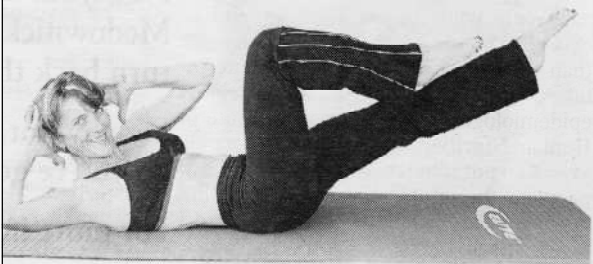
Common problems are flapping the elbows in and out with no rotation and with the pelvis unstable. Start with the beginner's level if this occurs.

**1** Set up as single-leg stretch, but with your hands supporting your head and with your chest lifted. Inhale.

**2** As you exhale, straighten one leg at about eye level and rotate the torso towards the bent knee. Adjust the height of your leg to suit.

**3** Inhale. Change the legs simultaneously as the trunk passes through the centre. Then exhale as you complete the other side.

Repeat 8-10 times each leg.



Before starting any exercise program be sure to get a check-up from your doctor.

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Our Model: Mandy Lee wears clothing by Susana Gateira.

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