

Basic Strength Exercises

All too often people taking up exercise overlook their body's core – their back, abdominals and hip muscles. A strong core is essential to help you progress and reduce the risk of injury. Your core acts as a shock absorber and a stabiliser between your limbs, absorbing the energy your arms and legs generate when you're exercising. Research shows that resistance training is likely to improve your performance and reduce your risk of injury.

1. BRIDGE

Lie on your back with your arms down by your side and your feet planted on the floor directly below the knees. Press down on your feet, and lift your torso and buttock up until your shoulder, hip and knee are in a straight line. Keep your back straight. Hold for 5 seconds.

(7-10 reps x 2 sets)



2. BRIDGE WITH ARM RAISE

Lie on your back with your arms down by your side and your feet planted on the ball. Press down on your feet, and lift your torso and buttock up until your shoulder, hip and knee are in a straight line. Keep your back straight. Raise your arms to the ceiling, hold for 5 seconds

(7-10 reps x 2 sets)



3. GYM BALL BRIDGE

Lie on your back with knees bent and heels upon the ball or small step. Maintain neutral lumbar spine by drawing abdominals inward and dig heels into ball or step. Squeeze your bottom and lift hips off the ground. Lower down and repeat.

(7-10 reps x 2 sets)



4. SIDE LYING LEG LIFT

Lie on your side with your legs extended out straight. Your lower arm can rest under your head; your top arm can rest on your hip. Lift the top leg up while keeping your hips steady and facing forward (do not rotate backward). Lower down and repeat. For an added challenge, wear a light ankle weight.

(7-10 reps x 2 sets)



5. GYM BALL PLANK

Lie on your front with knees straight and feet on the ball or small step. Lift up into a push up position, maintain straight lower back by drawing abdominals inward. Lower down and repeat.

(7-10 reps x 3 sets each side)



6. LUNGE

Take a big step forward, keeping upper body as straight as possible. Lunge until your front thigh is parallel to the ground and your back knee is close to the floor. Both knees should be bent at approximately 90 degrees. Make sure your front knee doesn't go past your toes. Return back to the standing position, alternate legs and repeat.

(7-10 reps x 2 sets)



**IF YOU ARE CONFIDENT EXERCISING ON YOUR OWN THEN THESE
ARE SOME SIMPLE CORE EXERCISES FOR YOU TO TRY**

Tel: (01) 526 2030. Email: sportsmedicine@sportssurgeryclinic.com

www.sportssurgeryclinic.com