EMORY HEALTHCARE

EMORY SPORTS MEDICINE CENTER

Go Where the Players Go!

Core Stability and Strength

Progression One: Drawing in Isometric hold with limb movement

Exercise One: Sets____ Reps____ Duration____

Drawing in (step 1)

1. 

Drawing in (step 2)

2. 

Bridging

3. 

Exercise Two: Sets____ Reps____ Duration____

Supine leg slide

1. 

Single leg knee to chest

2. 

Supine single leg bridge
Don't hold leg

3. 

Exercise Three: Sets____ Reps____ Duration____

Prone ISO Hold

1. 

ISO hold with Extension

2. 

ISO hold with hip abduction

3. 

F. Pecha ATC '05

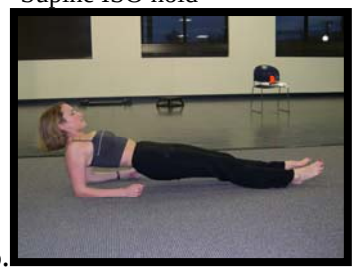
Side ISO Hold

4. 

Side ISO hold with Abduction

5. 

Supine ISO hold

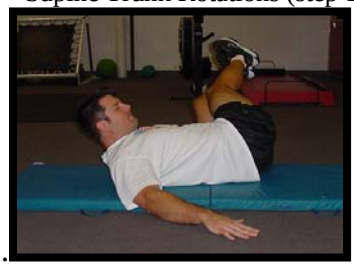
6. 

Core Stability and Strength

Progression Two: Movement specific

Exercise One: Sets____ Reps____ Duration____

Supine Trunk Rotations (step 1)

1. 

Supine Trunk rotations (step 2)

2. 

Exercise Two: Sets____ Reps____ Duration____

V-Up (step 1)

1. 

V-Up (step 2)

2. 