



CORE STRENGTH AND STABILITY PROGRAM

INVICTUS
SPORTS PERFORMANCE AND FITNESS

BACKGROUND

Pelvic Neutral

Tighten AB muscles, draw belly button in, flatten your back.

Technique: Hiss like a snake / Say the letter "S". 'ssssss'

Try to pull out towel with your hand.

A proper core contraction should prevent the towel from moving.

This is your starting position for all core exercises!



DAY ONE



Dead Bugs

Find Pelvic Neutral.

Alt lowering one leg at a time, maintain Pelvic Neutral.

Keep opposite knee flexed to 90°.

Frequency:

1 max set. Once a day.

GOAL:

Good: 2-4 m. Great: 4-5 m.

Rationale:

Lower ABs, Hip Flexor and Back Muscles



Back Bridging

Find Pelvic Neutral.

Raise your hips, Hold for 10 sec, Lower.

Maintain Pelvic Neutral, avoid hip/back extension.

Frequency:

1 max set. Once a day.

GOAL:

Good: 2-4 m. Great: 4-5 m.

Rationale:

Hamstring, Back and Glut Muscles.



Lunge

Find Pelvic Neutral. Keep Back Straight.

Forward Lunge. Keeps Hips and Knees at 90°

Hold 15 sec, Quickly change feet.

Frequency:

1 max set. Once a day.

GOAL:

Good: 2-3 m. Great: 4-5 m.

Rationale:

Quad, Hamstring, Glut Muscles.



Quadruped

Find Pelvic Neutral.

Extend one arm, extend opposite leg.

Hold 15 sec. Change arms/legs.

Keep hips level, avoid back extension.

Frequency:

1 max set. Once a day.

GOAL:

Good: 2-3 m. Great: 4-5 m.

Rationale:

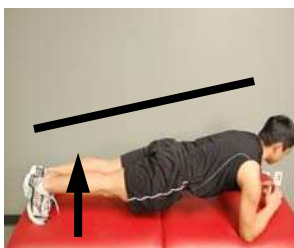
Core control with movement.



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DAY TWO



Core Crunches

Find Pelvic Neutral.
Do crunch until elbow hits thigh.
3 planes (forward, diagonal left, diagonal right)

Frequency: 3 sets each plane. Once a day.

GOAL: Good: 3 sets / 20-30 reps / plane.

Great: 3 sets / 30-50 reps / plane.

Rationale: Abdominal Muscles.

Prone Plank

Find Pelvic Neutral.
Balance on Elbows. Squeeze Gluts.
Hold Position. Avoid Back Extension.

Frequency: 1 max set. Once a day.

GOAL: Good: 2 m. Great: 3-5 m.

Rationale: Entire Core Muscles.

Wall Sit

Find Pelvic Neutral.
Keep Shoulders, Lower Back, and Gluts flat on wall.
Knees flexed to 90°. Hold Position. Keep hands off knees.

Frequency: 1 max set. Once a day.

GOAL: Good: 2 m. Great: 3-5 m.

Rationale: Quad, Hamstring, Core Muscles.

Superman

Find Pelvic Neutral.
Extend arms and legs. Arms parallel to ears.
Hold Position. Avoid excessive back extension.

Frequency: 1 max set. Once a day.

GOAL: Good: 2 m. Great: 3-5 m.

Rationale: Glut, Hamstring, Back Muscles.

EXTRA CREDIT



Fire Hydrants

Lay straight on your side, Hip and knee flexed to 90°
Holding 90° / 90° Flexion, raise your leg off the ground.
Hold 2 sec, slowly lower to original position.

2 sets of 15-25 reps. Once daily.



Chair Pumps / Bridging

Find Pelvic Neutral.
Raise hips off the ground. Keep hips in line with knee/shoulder.
Hold 2 sec, slowly lower to original position.

2 sets of 15-20 reps. Once daily.