



Core Body Strength Training

**Designed Specifically for
Novice/Junior/Senior
Skaters and Coaches**

CORE BODY STRENGTH TRAINING

The center of gravity is an imaginary point around which the body's weight is evenly distributed. This point is located in the lower torso, slightly below the waist and in the pelvic region. The center of gravity will vary from one person to another, and it will vary according to the activity that is being performed. The center of gravity is important for stability and balance. The point where the center of gravity is located is also known as the core of the body.

A strong core body is essential to athletes in all sports. Strength, power, speed, quickness, agility, coordination and balance (stability) all come from the core of the body. Strength begins in the core of the body and extends outward through the arms and legs, thus connecting all movements of the upper and lower body. The stronger the core of the body the more powerful and explosive movements can be. In addition, a strong core also inhibits unnecessary movements of the limbs, thus making all movement more efficient by conserving energy.

Also making movement more efficient is proper body alignment or posture. Proper body alignment is much easier to attain when abdominal and back muscles, and muscles in the pelvic region are strong and balanced. In skating, it is important to strive for proper body alignment as force is transferred most efficiently through the body in a straight line.

Proper skating posture, balance, power, and strength are all essential to being on axis or centered in jumps and spins. The ability to correct oneself when slightly off axis in a jump is more likely to happen if the skater has strong abdominal and back muscles.

There are no short cuts to developing a strong center of power. It takes hard work and being consistent in your workouts to achieve the strength needed on the ice. Make a commitment; be consistent and disciplined in your workouts. And remember, ***"If You Don't Use It – You Lose It."***

Remember:

- ✓ Never sacrifice correct technique for a high number of reps or sets
- ✓ Maintain neutral alignment of the head & neck through movement, chin 3-4" of the chest
- ✓ Move slowly throughout Range of Motion for strength
- ✓ Fatigue weaker muscles first – oblique, upper & lower abdominal, back
- ✓ Originate movement in the abdominal region
- ✓ Maintain a tight contraction of the abdominal throughout the entire exercise
- ✓ Limit Range of Motion of the abdominal region to 45 degrees or less
- ✓ Train opposite and opposing muscle groups
- ✓ Choose a variety of exercises and mix them up

Overload Training Principle

To enhance physiologic improvements effectively and to bring about a training change, a specific exercise overload must be applied. By exercising at a level above normal a variety of training adaptations take place which cause the body to function more efficiently. **The appropriate overload for each person can be achieved by manipulating combination of training *frequency, intensity volume and duration.***

Frequency -- Number of workouts per week

Intensity -- Amount of resistance applied or heart rate response

Volume -- Sets X repetitions

Duration -- Length of time of workout

SUGGESTED NUMBER OF SETS & REPS

Exercise	Beginner (sets/reps)	Intermediate (sets/reps)	Advanced (sets/reps)
Abdominal Twists	2 10-15	2 15-20	2-3 20-25
Oblique Lifts	2 10-15	2 15-20	2-4 20-25
Bicycles	2 10-15 each side	2 15-20 each side	1 40-50
Flutter Kicks	2 10	2 15-20	2 20-25
V-Sits	1-2 5-10	2 10-15	2 15-30
Abdominal Curls	2 10-15	2 15-20	2-4 20-25
Back Extensions	1-2 5-8	2 8-15	2-3 15-20
Superman	1 10-12	2 12-15	2-3 15-20
Push Ups	2 5-10	2 10-20	2-3 20-30
Dips	1-2 5-10	2 10-20	2-3 20-25
Dead Bugs	2 10-12	2 12-20	2-4 20 +
Side Planks	2 5	2 10-12	2 15 +
Quadruped Planks	2 5	2 10-12	2 15 +
Body Bridge	2-3 15 sec.	2-3 15-30 sec.	2-3 30 + sec.

- Warm-up and cool down with each training session.
- Rest 30 to 60 seconds between each set.

Please Note:

- ✓ These are suggested numbers of sets and reps.
- ✓ Depending on your age, health, and physical fitness level, the number of sets & reps may need to be adjusted.
- ✓ All back exercises need to be performed slowly.
- ✓ At no time should you feel acute pain while exercising.