

Torso - Traditional

Phase I

Lying Draw In (3x5) 5 second holds

http://video.kudda.com/clinic/Core_Training_Clinics_2/Lying_Draw_In

4 Point Stability (Wk 1) 2x20 sec. (Wk 2) 2x30 sec. (Wk 3) 2x45 -60 sec.

Spinal Circuit 1x10

Flat Foot Sit Up 3x10-20

http://video.kudda.com/clinic/Core_Training_Clinics/Core_Training_Phase_1

Phase II

4 Point Draw In (3x5) 5 second holds

4 Point Stability with Movement (Wk1 8x) (Wk2 10x) (Wk3 12x)

Hip Roll 2x10

1 Leg Sit and Twist 3x10-20

http://video.kudda.com/clinic/Core_Training_Clinics/Core_Training_Phase_2

Phase III

Knee Fall Outs 2x20

2 Point Stability (Wk 1) 2x20 sec. (Wk 2) 2x30 sec. (Wk 3) 2x45 -60 sec.

Hip Rolls 3x10

Jackknife 3x10-20

http://video.kudda.com/clinic/Core_Training_Clinics/Core_Training_Phase_3

Phase IV

Stability Ball Alphabet 2x

http://video.kudda.com/clinic/Core_Training_Clinics_2/Stability_Ball_Alphabet

1 Leg Hip Lift on Medicine Ball (Wk1 8x) (Wk2 10x) (Wk3 12x)

http://video.kudda.com/clinic/Hip_Extension_Bent_Leg/Bent_Leg_Hamstring_One_Leg_Hip_Lift_on_Medicine_Ball

Russian Twist 3x10

http://video.kudda.com/clinic/Core_Training_Clinics_2/Russian_Twist

Phase V

Core Board Upper Body Rotation 2x20-60 seconds

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Core_Board_Upper_Body_Rotation

Off Bench Oblique 3x10-20

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Off_BENCH_Oblique

Toe Touches 3x10-20

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Toe_Touches

Stall Bar Exercises

Stall Bar Sit Up

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Stall_Bar_Sit_Up

Stall Bar Reverse Sit Up (Leg Raises)

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Stall_Bar_Reverse_Sit_Up

Stall Bar Hanging Leg Raise

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Stall_Bar_Hanging_Leg_Raise

Additional Exercises

Core Board Lower Body Rotation

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Core_Board_Lower_Body_Rotation

Scissors Up/Down

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Scissors_Up_Down

Scissors Side/Side

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Scissors_Side_to_Side

Over Under Crunch

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Over_Under_Crunch

Dragon Flag

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Dragon_Flag

Bicycle

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Bicycle

Bench Incline Sit Up

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Bench_Incline_Sit_Up

Situp to Stand

http://video.kudda.com/clinic/Abdominal_Exercises_for_All_Athletes/Abdominals_Situp_to_Stand_with_Kip_Up