



Core program

This is designed as a progressive core strengthening program, using simple exercises that do not require elaborate equipment or facilities. Core strength is the cornerstone of ski fitness. It is not as simple as working on your “six pack”. Your abdominal muscles are just one group of muscles in a host of others that form your core.

This program is a weekly routine done three days per week. It alternates with your agility & power program.

Stick to one session number until you feel confident that you should progress. Even if you progress, start the weekly schedule with Session One, then two etc. This is because they slightly different workouts that target certain muscles.

It is better to reduce the amount of reps you are doing to ensure quality. If you feel that the challenge is not enough, then increase the reps. When you have done that and still need more, I will have another routine for you. Please contact me when you are ready for more challenge.

There are videos provided to help you with the exercises. You can put these on your computer or iPod. Please make sure you do them exactly as shown in the video. Ask a friend or a parent to help you when needed and to check the quality of your exercise. There really is no point doing it if it is not done well.

The warm up and cool down exercises are very important. Do not skip this.

Please get in touch with me if you have any questions.

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Session One (K1/K2/J)

MODE	EXERCISE	SETS	REPS
Warm up			
Bike, jog etc	Light aerobic (no load)	1	5 minutes
Balance and Stabilization			
Floor on mat	Prone Stabilization	2	30 seconds
Floor on mat	Prone Side Stabilization	2	30 seconds
Flexion and Extension			
Floor on mat	Sit up	2	15-20
Floor on mat	Side Sit up	2	08-20
Floor on mat	Back extension (Superman)	2	15-20
Floor on mat	Back extension Arm-Leg raise	2	15-20
Rotation			
Floor on mat	Rotation	2	10-20
Floor on mat	Lunge rotation	2	12-20
Cool Down			
Bike, jog etc	Light aerobic (no load)	1	5 minutes
Floor on mat/stand	Light Stretching	1	15 minutes

Session Two (Advanced K1/K2/J)

MODE	EXERCISE	SETS	REPS
Warm up			
Bike, jog etc	Light aerobic (no load)	1	5 minutes
Balance and Stabilization			
Floor on mat	Single Leg Prone Stabilization	2	30 seconds
Floor on mat	Prone Side Stabilization w/abduction	2	30 seconds
Floor on mat	Upright row side bend (dumbbell opt.)	2	10 sec
Flexion and Extension			
Floor on mat	Sit up w/medicine ball	2	15-20
Floor on mat	Side Sit up	2	10-20
Stability ball	Back extension	2	15-20
Floor on mat	Back extension Arm-Leg raise	2	15-20
Rotation			
Floor on mat	Seated rotation both sides	2	10-20
Floor on mat	Lunge rotation both sides	2	12-20
Cool Down			
Bike, jog etc	Light aerobic (no load)	1	5 minutes
Floor on mat/stand	Light Stretching	1	15 minutes

Session Three (Super Advanced K1/K2/J)

MODE	EXERCISE	SETS	REPS
Warm up			
Bike, jog etc	Light aerobic (no load)	1	5 minutes
Balance and Stabilization			
Floor on mat	Single Leg Prone Stabilization w/abduction	2	30 seconds
Floor on mat	Prone Side Stabilization w/abduction	2	30 seconds
Stability ball	Stabilization	2	30 seconds
Flexion and Extension			
Stability ball	Sit up w/feet on ball	2	20
Floor on mat	Side crunch legs at 90 degrees	2	20
Stability ball	Opposite arm/leg w/back extended	2	20
Stability ball	Back extension Arms extended	2	20
Rotation			
Floor on mat	Seated rotation	2	15-20
Floor on mat	Supine knees side to side	2	15-20
Cool Down			
Bike, jog etc	Light aerobic (no load)	1	5 minutes
Floor on mat/stand	Light Stretching	1	15 minutes