

Functional Core Strength for Athletes

A workshop with Sean Singleton BSc, NASM-PES

This workshop is designed to enhance the coaches/athletes awareness of the importance of core strength in developing athletic ability. As the foundation for all movement a strong and stable core can make the difference between a good athlete and a great athlete. In this workshop coaches/athletes will learn what muscles make up the core, specific exercises to strengthen the athletes core, how to incorporate core exercises into the overall training schedule and good practice/safety

Agenda

9am – Registration

9.30am – Anatomy of the Core

- **Key Musculature**
- **Function of the Inner and Outer Units**
- **Application to Training**

10am – Systematic Training of the Core

- **Core Stabilisation Training**
- **Core Strength Training**
- **Core Power Training**

10.30am – Break

10.50am – Functional Exercise Technique

- **Biomechanics**
- **Key Principles**

11.15am – Core Stabilisation Exercises

- **Individual Exercises Demonstrated and Practiced**
- **Group Core Stability Workout**

1pm – Lunch

1.45pm – Core Strength Exercises

- **Individual Exercises Demonstrated and Practiced**
- **Group Core Strength Workout**

3.30pm – Core Power Exercises

- **Individual Exercises Demonstrated and Practiced**
- **Group Core Power Workout**

4pm – Scheduling

- **Where does core work fit into the overall athletes schedule**
- **Questions**

4.30pm - Close