

Bearcats Core Strength Program Pre-Season Phase 3

Warm-Up

One foot in
Two Feet in
Side Shuffle
2 in 2 out
2 Through
Icky Shuffle
Dead Leg
Lunge

Agility Ladder

Stretch
Hamstrings
Quads
Calf
Lower Back
Abs

Floor

Testing Training

Tuesday

Box Skips (3/30 sec intervals)
QB Throw 35 balls WR Catch (golf ball)
Knee Crunches (3 sets of 15) (Core)
Medicine Ball Routine (Core)
40 Starts w/ Resistance
Resistance Skier
Short Shuttle – (2/15lbs 2/10lbs 1/5lbs)
Broad Jumps – 12 Standing
Leg Toss
FB Rollout

Thursday

Box Skips (3/30 sec intervals)
QB Throw 35 balls WR Catch (GB)
Advanced Oblique (Core)
Crunches FB (Core)
Resistance Skier
225 Bench – BO for 1 set and 5/50 135
3-Cone - instruction
2 Foot Vertical Jumps - with weights
21's

Saturday

Box Skips (30 sec intervals)
QB Throw 35 balls WR Catch (GB)
Resistance Skier
V-ups with FB (Core)
Superman on elbows (Core)
Pushups on FB (Core)
Triple Threat (Core)
Seated Row
Power Clean

Core Training

Repetitions: 15-25

Movement: Place feet on the floor and stabilize your body with your hips off the ball. Come up for a 'crunch sit up'. You can alternate opposite elbow to opposite knee if you wish.

Crunches with the Fit Ball (FB)



Repetitions: 12-15

Movement: Start with feet firmly on the floor, and the stomach on the FB. Using your trunk, lift your upper body to parallel on the ball (watch for over extension).

Back extensions on the FB



Repetitions: 2x40

(10 center tosses, 15 left and right tosses)

Medicine Ball Routine.

Repetitions: 45 seconds (s) – 2 minutes (m)
Movement: This is a tough one. You start out in a push up position with your elbows under you. Keep the elbows about 6" apart. Try to keep the shoulder blades together with no curve. Really flex your stomach region, you will feel this. Keep your back straight and your hips up. To make this even more challenging, try to keep moving your elbows out 2" every 15s or so. Your body should be shaking on this one. If not, then move your hips up a bit.

Superman on elbows



Repetitions: 10-15
Movement: Start out lying down with your arms extended over your head. Place the ball in between your arms. Slowly bring your arms (fully extended still) and your legs up and together creating a 'V' with your body. Transfer the ball to between your legs (this takes a little coordination) and slowly bring your legs and arms back to the original starting position. Don't get lazy and bring your arms up and not your legs or vice versa. Work on these! They will get easier.

V-ups with FB



Starting position



'V' position



Ending position.

Repetitions: 10-15
Movement: Start out with your shins on the FB and your arms in the push up position. Try to do a few push-ups. Slowly walk your arms out (your feet should be fully extended on the FB). Now try a few more. An advanced version would be performing the push-ups with your toes fully on the FB holding up your entire body. Even more advanced would be doing these with one leg.

Push-ups with FB



Starting position



Down position

Repetitions: 10-15
Movement: Lie on your side. Support your upper body with your elbow. "Upper" arm flat against your side. Body is straight, chest/hips perpendicular to the ground. Lift hips so waist is about 8-12" off the ground and hold for 10s, lower slowly for 5s back to ready position. Suggest 5 reps each side for beginners. Work yourself up to 10 reps.

Advanced Oblique



Starting position



Up position

Triple Threat

The triple threat consists of three different exercises. Each exercise is completed for the required number of repetitions before starting the next exercise. All 3 exercises are performed to complete a set.

Repetitions: 1 set



The first exercise begins with the feet placed directly on top of the ball. The athlete initiates the movement by elevating the hips by pressing his or her feet down on the ball. At the end point of the exercise there should be a straight line from the ankles to the shoulders. Slowly return to the starting position where the hips touch the floor and repeat the movement.



After the required number of reps are completed for the first exercise start the 2nd exercise as illustrated. Begin as in the first exercise with the hips resting on top of the ball. Lift the hips as in the first exercise and simultaneously roll the ball into the hips until the toes are only touching the ball. Return to the starting position touching the hips to the floor and immediately repeating the movement.



After the required number of reps are completed for the 2nd exercise start the 3rd exercise as illustrated. Place the feet, flat on the back third of the ball. Keeping the knees bent elevate the hips until there is a straight line from the knees to the shoulders. Slowly return to the starting position touching the hips to the floor and immediately repeating the movement.