

## Core Stability and Upper Trunk Exercises

A recommended starting point is to perform the core exercises in **bold**. Many of these exercises would not be suitable for an elementary school runner. Including these gradually through the middle school season should be tolerable for grades 6-8. For instructions and pictures on how to do the bolded exercises – follow the web link below:

<http://www.ronjones.org/Coach&Train/BodyXerciseLibrary/Core/index.htm>

**CORE Bridging:** *\*(These bridges are high-priority core exercises)*

***Supine\* (Face Up)***

***Prone\* (Face Down)***

***Side\* (Both)***

**1-Leg Supine**

**Elevated Supine (2 Legs)**

**Elevated Supine (1 Leg)**

**Bird Dog**

**Dynamic (Prone & Sides)**

2-Point Side

**3-Point Dynamic**

T-Stabilization Lock Out

T-Stabilization Lock Out + Hyperextension

T-Stabilization Lock Out + Abduction

T-Stabilization Log Roll

2-Point Prone



**ABS / Oblique -CORE:**

**Seated Chair:**

March

Reverse Crunch

**Bicycling**

Jack LaLanne Scissor Cross

**Bicycling Crunch**

**Crunch**

**Heel-to-Toe Curl Up**

**Curl Up (Straight Legs)**

**Curl Up (Elevated Legs)**

**Cross Crunch**

Reverse Crunch

Jack LaLanne Scissor Cross

**Russian Twist**

**Starfish**

Squirm

Side Bridge Crunch

**'V' Up Crunch**

**Lower Back / Core**

**Superman Pointer (Alternating Limbs)**

**Superman Pointer**