

CORE STRENGTH TRAINING PROGRAM FOR ADOLESCENT RUGBY FORWARDS

(Perform at least 2 x per week)

LEVEL I (1 – 3 weeks duration)

AIM: 1) Develop awareness of abdominal control of spine position and good posture
without holding breath

LYING ON BACK

1. “BALLS UP AND BREATHING” – INNER CORE

Lying on back (knees bent) - stabilise back with abdominal and pelvic floor muscles and continue breathing. (To feel pelvic floor – “draw up balls”) DON'T hold your breath
THIS IS YOUR INNER CORE STABILITY

2. ONE LEG RAISE AND STABILITY

Lying on back with knees bent – keep back flat with inner core stability – lift one leg and extend knee and repeat x 10 on each leg

3. TWO LEG RAISE

Lying on back with knees bent - lift both legs with hips to 90° and hold 20 secs
Keep back flat on ground

4. ALTERNATE LEGS – HIPS AT 90°

Lying on back – hips at 90° and extend alternating knees at the angle you can keep your back flat and maintain inner core (do one leg if can't stabilise back)
Repeat until fatigued

5. CRUNCH

Abdominal crunch (keep back flat) – hand behind head (x 20) – only lift shoulders and head

6. OBLIQUE

Oblique abdominal – one foot on opposite knee, knee out – move elbow to opposite knee
Repeat x 10 each way

STANDING

1. ONE LEG STANDING

Hold inner core – maintain neutral spine – lift one leg up to 90° and hold 10 secs
Repeat x 5 each leg

2. SQUAT

Squat – arms out - flex at hips to 90° and keep back straight – head up and looking forward – hold inner core – hold arms out in front – hold 10 secs – hold inner core when changing position and keep breathing – Repeat x 5

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LEVEL II (3 – 6 weeks duration)

- AIM:**
- 1) Develop control of back/hip positions for scrum safety
 - 2) Progress the endurance of core muscles
 - 3) Develop rotational strength

LYING ON BACK

1. **ALTERNATE LEGS – HIPS AT 90°**
On back and inner core – hips at 90° and extend alternating knees at the angle you can keep your back flat and maintain inner core. (Do one leg if can't stabilise back)
Repeat until fatigued or loss of control
2. **CRUNCH AND OBLIQUE**
Abdominals – keep back flat as in Level I – x 20 each exercise

LYING ON STOMACH

1. **PLANK**
Keep spine straight – take weight on elbows and toes - Hold 20 secs x 3
2. **UPPER BACK LIFT**
Lift head and shoulders up off ground – shoulders and elbows at 90° – keep chin tucked in – keep pelvis and legs on ground – Hold 20 secs x 3

STANDING

1. **ONE LEG STANDING**
One leg standing (hold inner core) doggie exercise x 20
2. **REPEAT SQUATS**
Repeat squats – arms out – keep back straight – head up and looking forward – Hold 5 secs
Repeat x 20
3. **ROTATION**
Keep feet and knees stable – rotate body to one side, holding weight in front x 20 each way
4. **ISOMETRIC NECK**
Sustain 10 secs in each direction and resist with hands (Don't move head or poke chin)

BENT FORWARD AT HIPS

1. **REVERSE ROW (with weights)**
Pull arms and elbows backwards x 20
2. **STATIC PRESSURE (in scrum position)**
Into doorway or team mate (keeping spine neutral and stabilised) and sustain 20 secs

LEVEL III

Includes Swiss Ball exercises and increased endurance and weights
Best progressed in a gym or at home

Individually advised by physiotherapist