Core exercises/ Kernspiere - oefeninge

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In sports, the core is highly involved in nearly every movement. Force is transferred between the lower body and the upper body through the core. A weak core is not able to control excessive movement, which allows energy to leak instead of transferring it from one segment to the next.

Die kern/"core" stabiliseer die liggaam en versprei dan die krag effektief na daardie deel van die liggaam waar dit benodig word.

Nadat ek meer aandag aan kernspieroefeninge begin gee het, het my atlete se prestasie drasties verbeter. Hier volg die program wat my atlete volg: die demonstrant is Liza Hart, 'n junioratleet/Onder 15-atleet.

1. Opwarm: draf + strek vir 5 minute

   Warm up: jog and stretch for 5 minutes

2. **"Pelvic lift" on ball"**

Lê op rug: Skouers op grond – hakskene op bal. Lig boude van die grond af. Hou vir 10 tellings x3

Lie on back: Shoulders on floor – heels on ball Lift buttocks high from the floor. Hold for 10 counts x3

3. **“Lumbar ext alt arm/leg prone”**

Lê op maag: Lig linkerarm en regterbeen – laat sak. Lig regterarm en regterbeen – laat sak. 10 wisselings ritmies x 3 (Op en Af = 1)

Lie on stomach: Lift left arm and right leg – down. Lift right arm and left leg – down. 10 interchanges x 3 (Up and Down =1)

4. **“Front Plank”**

Lê op maag: Lig op sodat net die voorarms en tone op die grond is. Hou vir 1 – 3 minute

Lie on stomach: Form a bridge on forearms and toes touching the ground . Hold for 1 – 3 minutes

5. **“Lumbar rotation supine legs up”**

Lê op rug: Trek knieë tot 45° op. Roteer van kant tot kant – skouers bly onaktief op grond. 10 wisselings ritmies x 3 (Links + Regs = 1)

Lie on back: Bring knees up to 45° . Rotate from side to side – shoulder stays fixed on the floor. 10 interchanges x 3 (Left + Right =1)

6. **“Lumbar ext ‘birddog’”**

Hande-viervoet: Lig regterbeen en linkerarm – hou. Lig linkerbeen en regterarm – hou. Hou vir 6 tellings x 4

Hand and knees: Lift right leg and left arm – hold. Lift left leg and right arm – hold. Hold for 6 counts x 4

7. **“Crunches”**

Lê op rug: Bene gebuig en voete op die grond. Kop in neutrale posisie, met hande agter ore. Bring bolyf 30°op, gebruik maagspiere – hou vir 3 tellings – ontspan . 10 x3

Lie supine: Legs bent – feet on the floor – lift head – hands behind ears. Bring trunk up to 30° by using the stomach muscles – hold for 3 counts – relax. 10 x 3

8. **Heupe**

Vrystaan of sittend op bal: Wikkel vorentoe en agtertoe / links en regs . 15 wisselings links en regs EN 15 wisselings voorentoe en agterteoe

Stand or sit on ball: Move hips from left to right/ foreward and backwards. 15 interchanges left to right AND 15 interchanges foreward and backwards.

9. **“Standing ‘Birddog’”**

Staan en buig voorentoe: Strek linkerarm en regterbeen uit. Balanseer op een voet/ Herhaal regterarm en linkerbeen. Hou vir 6 tellings x 4

Stand and bow foreward: Extend left arm and right leg – hold. Extend right arm and left leg – balance on one leg. Change to right arm and left leg. Hold for 6 counts x 4

10. **“Twisting Sit-ups”**

Lê op rug. Kruis linkerelmboog na regterknieg – dan regterelmboog na linkerknie. 10 x 2

Lie on back. Cross over to left elbow to right knee – right elbow to left knee. 10 x 2

11. **“Hip flx alt prone on ball” “Lumbar flex knee ext prone on ball”**

Lê op bal: Rol af todat net skouers op bal is. Lig eers L en dan R been – gebuig. Hou vir 5 tellings x 10 elke been

Lie on ball: Roll down so that only shoulders are on ball. Bend leg. Lift left leg – hold. Lift regt legg – hold. Hold for 5 counts x 10 each leg

12. **“Lateral Bridge/Side Plank”**

Lê op sy: Stut op een elmboog en een buite voet. Lig heupe en hou. Hou vir 10 tellings x 2 elke kant

Lie on side: One elbow and outside foot on the floor. Lift hip and hold. Hold for 10 count x 2 each side.

13. **“Superman”**

Lê op maag: Arms voor jou uitgestrek. Bene reguit. Lig kop, bolyf en voete,bene en buig agteroor deur boude te knyp. Hou vir 5 tellings x 4

Lie on stomach: Extend arms. Lift arms, head and torso as well as both legs. Hold for 5 counts x 4

14 Afwarm: draf + strek vir ongeveer 5 minute

Warm down and stretch for 5 minutes

Bronne:

1. Contreras, Bret. **Bodyweight: Strength Training Anatomy.** www.HumanKinetics
2. Internet. Tik “Core” in Google