



BALLYBODEN ST. ENDA'S

Coaching & Games Strengthening Poster

1. Bodyweight Squat

- Stand with feet approximately shoulder width apart, toes pointing slightly outward. Extend the arms in front of the body with the hands at shoulder height
 - Engage the abdominal/core muscles to stabilize the spine.
 - Keep the chest lifted and the chin parallel to the floor. Push the hips back and allow the weight back through the heels. Keep the knees aligned with the second toe. Continue to lower down until the thighs are parallel or almost parallel to the floor.
 - Return to the start position by pushing the feet into the floor through the heels. The hips and torso should rise together. Keep the heels flat on the floor and knees aligned with the second toe.
- ! Do not allow the knees to travel forward past the toes. Keep the back flat (do not tuck the tail or arch the lower back). If the heels begin to lift off the floor or the torso begins to round, return to start position.



2. Press Up with Rotation

- Assume a full press-up position with hands directly under the shoulders, feet together with toes tucked under, core engaged and shoulders, hips, knees and feet forming a straight line.
- Slowly bend the elbows, lowering the chest to within 2-3 cm of the floor. Keep the torso rigid and the head aligned with the spine.



- Push back up and rotate the body to the right, so the right arm lifts up and extends overhead towards the ceiling. The arms and torso should form a T.
- Return to the full press up position, bend the elbows, lower the chest as before and push up and rotate to the left.



- ! Do not allow the low back or ribcage to sag or the hips to hike upward. Engage the glutes and quad muscles to help maintain stability and a rigid body.

3. Bridge Circuit

- Lie prone on an exercise mat or floor with elbows close to the sides and directly under the shoulders, palms down and fingers facing forward.
 - Engage the abdominal/core muscles and slowly lift the torso and thighs off the floor.
 - The body should be in a straight line from the shoulders to the hips to the ankles with the weight resting on the toes and elbows. Keep the midsection braced and tight. Squeeze glutes together.
- ! Do not allow any sagging in the lower back. Avoid hiking the hips into the air or bending the knees. Keep the shoulders away from the ears (no shrugging).



Side Bridge [Side Plank]

- Lie on one side, ensuring the top hip is 'stacked' above the bottom hip.
- Engage the abdominal/core muscles. Push up onto the elbow until there is a straight bodyline through, feet, knees, hips and shoulder. Only the elbow and side of bottom foot touch the ground.
- Repeat on the opposite side. Keep the elbow under the shoulder to avoid upper body strain.



Glute Bridge

- Lie on the floor with knees bent and feet flat on the floor
 - Engage the abdominal/core muscles and raise the hips into a bridge position so that only the heels and shoulder blades touch the ground (point toes up).
 - The body should be in a straight line from the shoulders to the hips to the knees with the weight resting on the heels and elbows.
- ! Avoid pushing the hips too high, which can cause hyperextension (arching) in the lower back. Keeping the core engaged helps to prevent excessive arching in the lower back.



4. IYTW

Lie face down on the floor with the legs extended straight behind. Slowly lift the arms 2-3cm or so upwards off the ground and then lower down again under control.



- I: Extend the arms straight over the head to form the letter I. Exhale, and slowly lift the arms off the floor, with thumbs pointing up.



- Y: Widen the arms to the sides at approximately 45-degree angles to the torso, to form a "Y" shape. Exhale, and slowly lift the arms off the floor, with thumbs pointing up.



- T: Widen the arms until they're straight and perpendicular with the torso, to form a "T" shape. Exhale, and slowly lift the arms off the floor, with thumbs pointing down.



- W: From the T position, bend the elbows and pull them toward the waist forming the letter W. Exhale, and slowly lift the arms off the floor, with thumbs pointing down.

- ! Keep the legs, hips and torso flat on the floor. Focus on lifting from the shoulders and not the lower back. Keep the head aligned with the upper spine.

5. Single Leg Squat

- Stand in front of a bench, box or other low object and hold the arms straight out in front at shoulder level. Extend one leg outwards.
 - Engage the abdominal/core muscles. Push the hips back and allow the weight back through the heels. Continue to lower down towards the bench or box. Pause, then push the body back to the starting position using only the balancing leg.
 - Repeat with the opposite leg
- ! Ensure the knee does not move beyond the toes. Make contact with the bench or box but do not sit down, so the contraction is held. Do not let the opposite hip drop during the single-leg stance.



6. Side Lying Hip Abduction

- Lie on one side, ensuring the hip and shoulders are 'stacked' with legs extended. Feet should be in a neutral position.
- Bend the lower arm and place it under the head for support with the upper arm resting on the floor. Engage the abdominal/core muscles to support the spine.
- Slowly raise the upper leg off the lower leg. Keep the knee straight and the foot in a neutral position. Return the leg to the starting position in a slow, controlled manner.
- Repeat on the opposite side.



- ! Do not allow the hips to roll forward or back. Keep head aligned with spine. Continue raising the leg until the hips begin to tilt, the waist collapses into the floor or until tension is felt in the lower back or oblique muscles.