

**GIMNASTIČNA** ZVEZA SLOVENIJE

# CORE STABILITY IN GYMNASTICS

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### THEORETICAL KEY POINTS



- CORE STABILITY=,, ability to maintain equilibrium and control of your spine and pelvic region during movement within physiological limits"
- CORE MUSCLES = main stabilizers + MUSCLES OF UPPER AND LOWER LIMBS
  - ► Local stabilizers
  - ➤ Global stabilizers

#### **O ACTIVATION**

- > Conscious activation
- ➤ Pre-activation
- **≻** Reflexes





#### • EFFECTS of core stability exercises:

- > Release of passive structures of the spine
- >Improved muscle activation and co-coordination
- >Improved muscle endurance
- ➤ More efficient energy transfer system and force production during various movements
- >Improved kinaesthesia or awareness of motions of the body



#### o GOALS:

- > TO IMPROVE SPORTS PERFORMANCE
- > TO REDUCE CHANCES OF INJURY
- ➤ MORE EFFICIENT REHABILITATION AFTER INJURY





#### **☐** Neutral spine









#### □ "DEADBUG" → different variations









#### □ "DEADBUG" → different variations









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#### □ "DEADBUG" → different variations









#### □SIDE PLANK → different variations









#### □ SIDE PLANK → different variations







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#### □ SIDE PLANK → different variations







**GIMNASTIČNA** ZVEZA SLOVENIJE

□ "BIRDDOG" → different variations







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☐ "BIRDDOG" → different variations







#### □ PLANK → different variations









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□ PLANK → different variations









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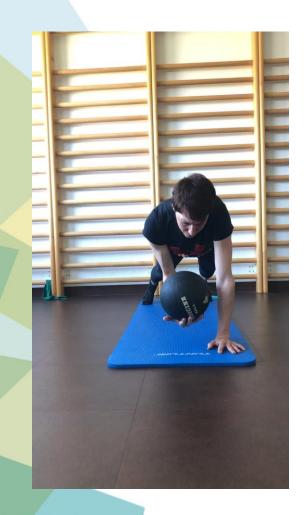


Inštitut za medicino in šport











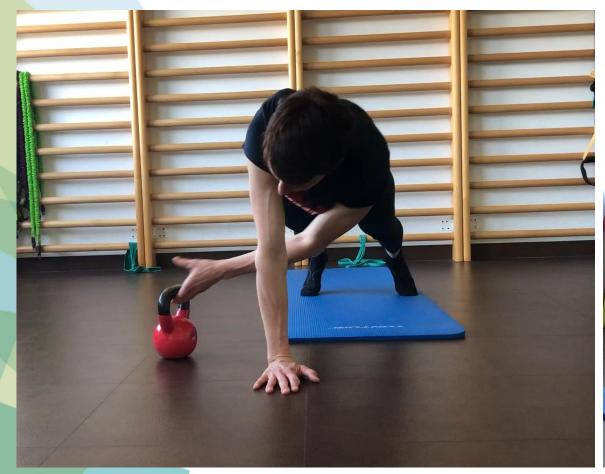
















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#### ☐ SALAMANDER EXERCISES







#### □ "PALLOFF PRESS" → different variations







#### ☐ TRUNK FLEXION -> different variations







#### ☐ TRUNK FLEXION -> different variations









#### ☐ SCAPULAR STABILIZATION EXERCISES



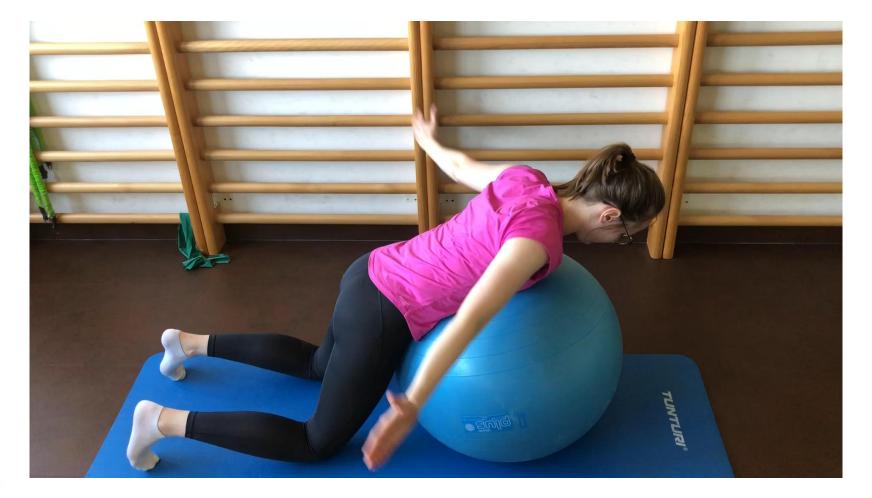






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#### ☐ SCAPULAR STABILIZATION EXERCISES







# THANK YOU FOR YOUR ATTENTION!

