

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
- **ACTIVATION**
 - Conscious activation
 - Pre-activation
 - Reflexes



○ **EFFECTS** of core stability exercises:

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



○ **GOALS:**

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

PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

☐ Neutral spine



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

□ „DEADBUG“ → different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

☐ „DEADBUG“ → different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

□ „DEADBUG“ → different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

☐ SIDE PLANK → different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

☐ SIDE PLANK → different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

☐ SIDE PLANK → different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

□ „BIRDDOG“ → different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

□ „BIRDDOG“ → different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

□ PLANK → different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

□ PLANK → different variations



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GIMNASTIČNA ZVEZA SLOVENIJE

□ PLANK → different variations



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GIMNASTIČNA ZVEZA SLOVENIJE

□ HIGH PLANK → different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

□ HIGH PLANK → different variations



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□ HIGH PLANK → different variations



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□ HIGH PLANK → different variations



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GIMNASTIČNA ZVEZA SLOVENIJE

□ HIGH PLANK → different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

☐ SALAMANDER EXERCISES



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

□ „PALLOFF PRESS“ → different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

❑ TRUNK FLEXION -> different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

□ TRUNK FLEXION -> different variations



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

❑ SCAPULAR STABILIZATION EXERCISES



PRACTICAL EXAMPLES



GIMNASTIČNA ZVEZA SLOVENIJE

□ SCAPULAR STABILIZATION EXERCISES





GIMNASTIČNA ZVEZA SLOVENIJE

THANK YOU FOR YOUR ATTENTION!



Inštitut za medicino in šport