

RAB – COMPLETELY CORE

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OBJECTIVES

- A. *What is the Core?*
- B. *Core Musculature?*
- C. *Core Training?*
- D. *How to train the Core effectively?*
- E. *Core Training Controversy?*

SUMMARY

This dynamic core workshop offers two express Resist-A-Ball® (RAB) workouts in one challenging session. Each workout (lasting 30 and 15 minutes, respectively) are fresh, time-efficient and fun to do. First, Abbie will review new and standard research on core training as well as provide information on how the core musculature really works. Participants will see how easy it is to create a complete foundational movement and core program using RAB and bodyweight. Here is your chance to experience two effective and challenging workouts that will keep your students coming back for more core!

A. 15-Minute workout w/Gliders

1. 2 – 3 minute warm-up
2. Two 5-minute rounds of movement
3. The exercises
 - a. Multi-position
 - b. Multiplanar
4. 2 – 3 minute stretch
5. The workout
 - a. Warm-up
 - Prone plank
 - Prone spinal extension
 - b. Exercises
 - *V-sit w/rotation* – 1 min
 - *Lateral Slide* – 1 min
 - *Prone plank* (mud crawl) – 1 min
 - *Prone Lat Slide* – 1 min
 - *Teaser* (sit up to V) – 1 min
 - c. Stretch
 - Kneeling hip flexor/Quad Stretch
 - Kneeling side bend oblique stretch

B. 30-Minute workout w/Resist-A-Ball

1. 4 – 5 minute warm-up
2. Two approximately 10-minute rounds
3. The exercises
 - a. Multi-position
 - b. Multiplanar
4. 2 – 3 minutes stretch

5. The workout

- a. 4 – 5 minute warm-up
 - Standing Cat/Cow
 - Hip Hinge/Chest Opener
 - Overhead Circles
 - Oppositional Knee Drive
- b. **Round 1 Exercises**
 - Quadruped/Balance on the RAB
 - Plank variations. – 45 sec each side (90)
 - Kneeling Chop – 45 sec per side (90)
 - Side Bend over ball– 45 sec each side (90)
 - Supine over RAB (supine spinal flexion) – feet on ball – 45 sec each side (90)
 - Active Recovery/Spinal Extension – 1 min
- c. **Round 2 – Progressive Variations**
 - Quadruped/Balance on the RAB – 45 sec each side (90)
 - Plank variations. – 45 sec each side (90)
 - Kneeling Chop – 45 sec per side (90)
 - Side Bend over ball– 45 sec each side (90)
 - Supine over RAB (supine spinal flexion) – 45 sec each side (90)
 - Active Recovery/Spinal Extension – 1 min
- d. Stretch
 - Hip Flexors/Extensors/Rotators
 - Spinal Flexors/Extensors/Rotators/Lateral Flexor

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**