



STABILIZER MUSCLE TRAINING. PROPOSAL EXERCISES WITH DOSAGE

Dr. C. Ardy Rafael Rodríguez García
Doctor of Physical Culture Sciences
Master in Therapeutic Physical Culture
Titular Professor / Principal Researcher

OBJECTIVES

1. Stimulate sensorimotor responses to specific stimuli during the centric and eccentric phases of muscle contracting.
2. Increases strength resistance gains in the osteomyoarticular system.
3. Increases strength endurance gains of stabilizer muscles.
4. Achieve functional joint stability with the correct movement posture in the shortest possible time..
5. Prevent sports injuries.

THE IMAGES OF THE EXERCICES WERE EXTRACTED FROM:

- ✓ Sporlife
- ✓ Google images
- ✓ Haugen, T., Haugvad, L. & Røstad, V. (2016). Effects of core–stability training on performance and injury in competitive athletes. Norwegian Olympic Federation.

A set of the circuit is when you have passed through the 7 work zones.

Work Zone 1



LD: right side y LI: left side

Work Zone 2



Work Zone 3



Work Zone 4



Work Zone 5



Work Zone 6



Work Zone 7



**MONDAY – WEDNESDAY – FRIDAY
(WEEK 1 Y 2)**

Isometric action

30s in isometric action in the work zones (1, 3, 5 y 7) for 15s of break to move on to the next work zone

Dynamic action

20 repetition in dynamic action in the work zones (2, 4 y 6) for 20s of break to move on to the next work zone

1-2 minutes break between sets of the circuit

4-6 set to be made of the circuit

The exercises that have LD and LI do the LD first and then the LI break for the indicated time to move on to the next work zone.

A set of the circuit is when you have passed through the 7 work zones.

Work Zone 1



LD: right side y LI: left side

Work Zone 2



Work Zone 3



Work Zone 4



Work Zone 5



Work Zone 6



Work Zone 7



MONDAY – WEDNESDAY – FRIDAY
(WEEK 3 Y 4)

Isometric action

45s in isometric action in the work zones (1, 3, 5 y 7) for 20s of break to move on to the next work zone

Dynamic action

25 repetition in dynamic action in the work zones (2, 4 y 6) for 25s of break to move on to the next work zone

1-2 minutes break between sets of the circuit

3-5 set to be made of the circuit

The exercises that have LD and LI do the LD first and then the LI break for the indicated time to move on to the next work zone.

MONDAY – WEDNESDAY – FRIDAY

ROUTINE 1 (WEEK 5 Y 6)

DOSAGE

Perform the exercises from 1 to 5 followed by 15 to 20 repetitions, break for 45 to 60 seconds and y repeat it for 3 to 5 sets. At the end of the sets perform routine 2.

1

Bring knees to chest (knee and hip flexion)



2



3



4



Bring the knees to the elbows with alternating movements right knee and then the left

5



Alternate movements

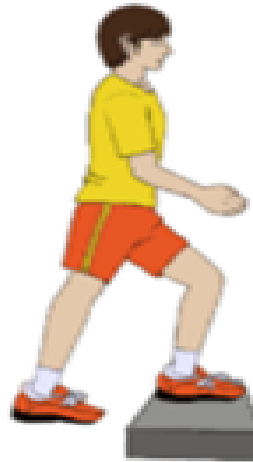
MONDAY – WEDNESDAY – FRIDAY
ROUTINE 2 (WEEK 5 Y 6)

CARDIO EXERCISES

Dosage

2 to 5 minutes

(Break for 1 to 2 minutes and repeat for 2 to 3 sets)



Go up and down the step: the subject is standing facing the step, box, content or step of a ladder as shown in the images. The intensity of the movement is moderate, comfortable for the subject, it is necessary to last the established dosage.

MONDAY – WEDNESDAY – FRIDAY (WEEK 7 Y 8)

WORK ZONE 1
Repetitions
15 a 20

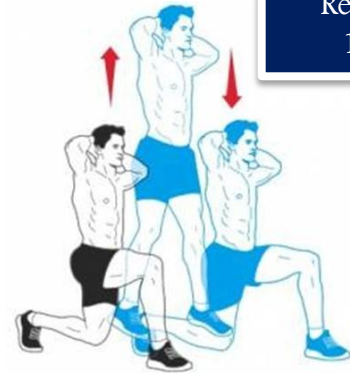


WORK ZONE 2
Isometric action
30 a 45 seconds



Figura 10. Puente o plancha prono.

WORK ZONE 3
Repetitions
15 a 20



Sets: 5–7.

Recovery time between sets: 45–60 seconds

Break: 1–2 minutes to move on to the next exercises

WORK ZONE 6
Repetitions
15 a 20



WORK ZONE 5
Isometric action
30 a 45 seconds



WORK ZONE 4
Repetitions
15 a 20



Sets: 3–5

Recovery time between sets: 45–60 seconds

Break: 1–3 minutes and to finish, perform 15 a 20 minutes light jogs or smooth runs

**MONDAY – WEDNESDAY – FRIDAY
(WEEK 9 Y 10)**

WORK ZONE 1

Repetitions
15 a 20



WORK ZONE 3

Repetitions
15 a 20



WORK ZONE 4

Repetitions
15 a 20



WORK ZONE 6
Isometric action
30 a 45 seconds

WORK ZONE 2

Repetitions
15 a 20



WORK ZONE 5

Repetitions
15 a 20



Recovery time between sets: 4–6
Recovery time between work zones: 30–45 segundos
Break between sets of the circuit: 1–3 minutos
At finish, perform 15 a 20 minutes light jogs or smooth runs