



GPC General Core/Hip Strength & Conditioning Program

Prepared by Kate Bramley & Shari Livingston. Please refer to our blogs on core strength for more information on each exercise. Contact Kate at kate@geelongperformancecoaching.com.au if you have any queries.

Warm Up



3mins of skipping continuous as mixture of double foot jumps, single leg hopping, running etc.

Keep the shoulders above the hips & continue to look forward during the skips.

Skip twice on each leg before alternating & keep on the balls of the feet & not the heels. Increase the speed of the skips & decrease the contact time with the ground to progress the exercise.

Finding Neutral Spine

*refer to core strength blog for video

Practice & hold for 10-15sec & repeat as necessary to find neutral spine

Glute Raise (Bridging)

* refer to core strength blog for video



Start with the feet approximately shoulder width apart with the head & shoulders in contact with the ground.

Lift the hips off the ground until the thighs are in line with the torso then control the movements back to the start position.

Either return the hips to the ground after each repetition or keep the hips off the ground

Either hold the position for the prescribed duration or repeat the exercise in a continuous fashion.

3 sets of 10-15 with 30sec rest in between

Calf Raise- Progression of Glute Raise



Keep the head & shoulders in contact with the ground. The angle of the knees may vary as required & the closer the feet are to the hips the greater the amount of plantar flexion can be achieved.

Lift the hips off the floor until the thighs are in line with the torso & press further onto the toes.

Either hold the position for the prescribed duration or repeat the exercise continuously.

3 sets of 10-15 with 30sec rest in between

Plank (Prone Stabilisation)

*refer to core strength blog for video



Start with the forearms flat on the floor with the palms facing down.

Extend the hips & knees to press up to a front support position while keeping the torso rigid then reverse the movements back to the start position.

Control both phases of the exercise, particularly the lowering phase. Consider placing a mat under the arms for additional comfort.

Begin holding each position for 20-30sec & progress 10sec each week

Side Stabilisation



Start with the elbows under the shoulders & the legs in line with the torso. Rotate the torso to open out at the chest then return the arm to the start position.

Begin holding each position for 20-30sec & progress 10sec each week

Side Lying Hip Abduction (Side Plank Progressions)



Keep the neck in line with the spine & the bottom elbow under the shoulder. Raise the top leg continuously while keeping the upper body stationary. The range of movement may vary depending on the requirements of the exercise.

Place a weights cuff around the ankle increase the resistance for this exercise.

2 sets of 10 each leg with 1min rest between

Back Extension (Prone Cobra)



Start with forehead, palms, chest, legs and feet on the ground.

Lift hands off ground and rotate thumbs towards the middle of your body.

Lift chest off ground and squeeze shoulder blades together whilst maintaining head in neutral position. DO NOT LOOK UP.

Imagine you are trying to balance on your belly button.

Raise, hold raised position for 5secs then relax. Repeat 10-15 times with no rest in between.

Supine Arm-Leg Raises



The head, shoulders & hips should remain on the floor.
Flex the shoulder & simultaneously lower the opposite leg as far as possible then return to the start position.
The time spent in the extended position can vary depending on the requirements of the exercise.
Repeat the movements with the other limbs in an alternating fashion. Hold weights to progress the exercise.
3 sets of 20 reps + 30sec rest

Seated Rotation



Start in a reclined position with the hands together & in front of the chest.
Rotate the torso from side to side & touch the medicine ball on the ground next to the hips.
The angle of the torso can vary & lean back further to progress the exercise.
Choose weight approx. 5-8kg
3 sets of 10 reps (touch both sides is one rep) + 1min rest

Lunge Walk



Start with an erect posture with the hips & shoulders facing forward. Rapidly flex the hip & dorsiflex the foot to take a stride forward. The knees should track in line with the feet & the shoulders should remain above the hips. Keep the chest up & maintain a rigid torso. Vary the stride length & depth as required. 10 steps forward focus on high knee

Ankle Stretch



Position yourself into a split squat position with one leg forward and one leg back. Keeping your front heel flat on the floor, use your forearm to push on your thigh so that your front shin shifts forward and closes the angle between the top of your foot and shin. Hold stretch for 30-45sec each leg

Single Leg Squat



Flex the hip & knee & lower the other leg down to the side of the box then extend to the start position. The knee should track in line with the centre of the foot & a neutral pelvic position maintained.

You may perform this on the ground (no raised surface). In front of a mirror is useful.

3 sets of 10 reps on each leg with 1min rest in between

Single Leg Hopping



Keep the neck in line with the spine & the bottom elbow under the shoulder.

Raise the top leg continuously while keeping the upper body stationary.

The range of movement may vary depending on the requirements of the exercise.

Place a weights cuff around the ankle increase the resistance for this exercise.

Repeat 20 hops on each leg

Additional Exercises Requiring Equipment:

Band Hip Abduction Walk



Secure the band around the feet & walk sideways while keeping the legs straight. Place the hands forward for balance if need be. Increase the length of the steps or decrease the contact time with the ground to modify the exercise. Another variation is to change the position that the foot is placed with each stride.

Push off non-moving leg

Activate glute medius each step

Take six steps to one side then repeat back

Reverse Band Fly



Attach the band or tubing in a high position & adopt a pronated grip.

Keeping the rest of the body stationary, pull the arms to the sides to create an 'A' shape with the arms & torso.

The precise position that the arms are raised to can vary depending on the requirements of the exercise.

Control the movements back to the start position.

3 sets of 20 reps + 30sec rest