

ALL-STAR SUPPLEMENT

Pre-Flab: Stability Training

Workout Focus: Pre-habilitation. Reducing the potential for injury, and improving balance, proprioception, and lower leg stability.

Handy Tools:

Optional but very useful:

Slosh Pipe (check out my DIY slosh pipe video: <http://rollerderbyathletics.com/how-to-slosh-pipe/>)

Stability Ball, aka Physio Ball / Swiss Ball

BOSU ball

Stability disc (weird mooshy thing at the gym the size of a frisbee, usually blue)

Hand weights

Exercises shown in the video:

1. One foot balance - eyes closed. Variations: with slosh pipe (eyes open); in tandem stance (heel to toe); tossing a weighted object with a partner.
- 2) Baseball pitchers. Variations: with weight; with touches "round the clock" (3 to 9, 9 to 3, both hands)
- 3) One leg squat. Variations: with weight, with unstable weight e.g. slosh pipe. You can also do this on the round side of a BOSU. (ninjas only)
- 4) Slosh pipe walks. Variations: pipe on shoulders lateral; pipe on one shoulder facing forward; pipe overhead; add more water to pipe to make more challenging
- 5) Reverse lunge with instability. Shown with a slosh pipe, but you can make this work without weight, front foot on a stability disc
- 6) Elevated foot lunge. Variations: add weight; place rear foot on a stability ball.
- 7) Walking lunge with twist. Same hand as rear foot reaches back.
- 8) Side to side switches. Variations: use a 4L / gallon jug, or a weight plate
- 9) Stability Ball Balance on knees

Original post located at: <http://wp.me/p4tke6-X7>

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