



# KAAF

Korea Association of Athletics Federations  
Coach Seminar (part 2) - Jincheon  
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# Stability Training

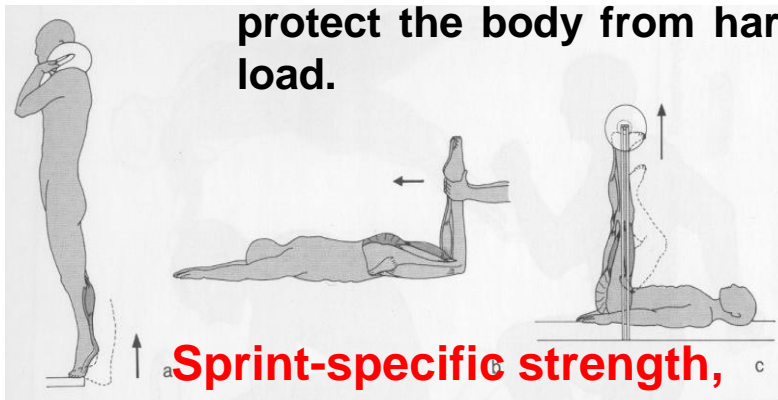
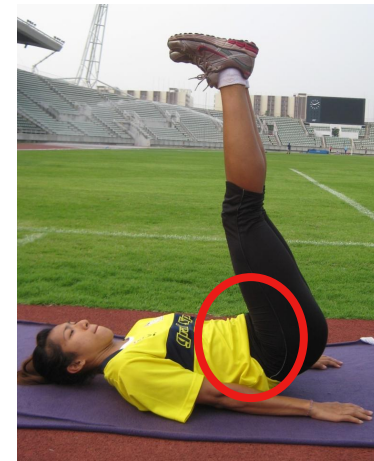


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Among the „MOTOR ABILITY – STRENGTH“

## STABILITY Training

play an important part. It help to build up basic requirement in athletic training. It should be the basic step when aiming to develop condition & strength. Especial young athlete luck in **BODY-STABILITY**. Athlete require high body controll and it can be acheaved through **STABILITY Training**. The same time this gained stability protect the body from harm in training at high load.





# Stability Training



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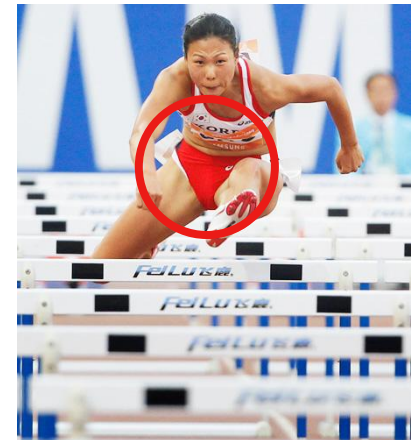
Where are looking at stability?  
What is our focus to improve stability?



**Get our body under control!**

**Protect our body from harm!**

**Be able to better transfer forces!**



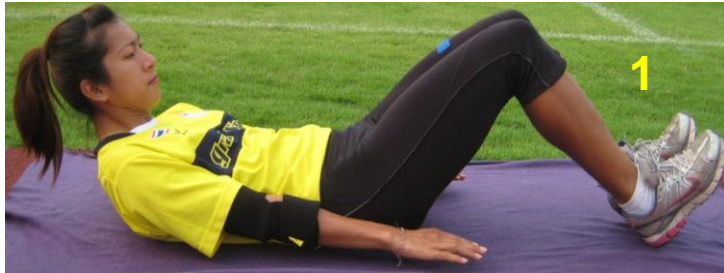




# Stability Training (0)

Basic body position at start of exercise

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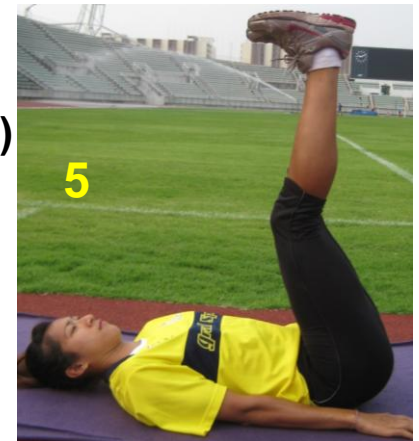


Sit-up (1)

Before start of exercise athlete must arrive at the basic „starting-position“. Remember the correct position!



„bridge“(2)



„L-position“(5)



„spider“(6)



„scissors“(3)

„stiff-man“(4)



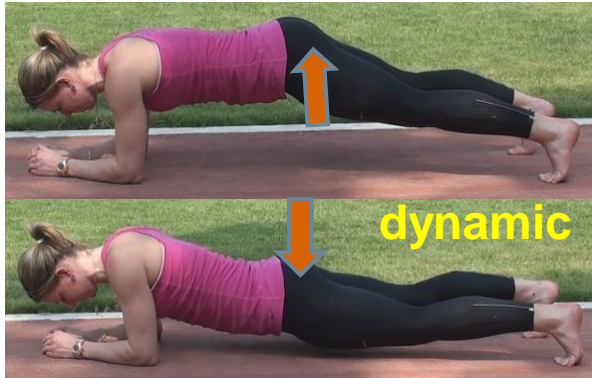


# Stability Training (1)

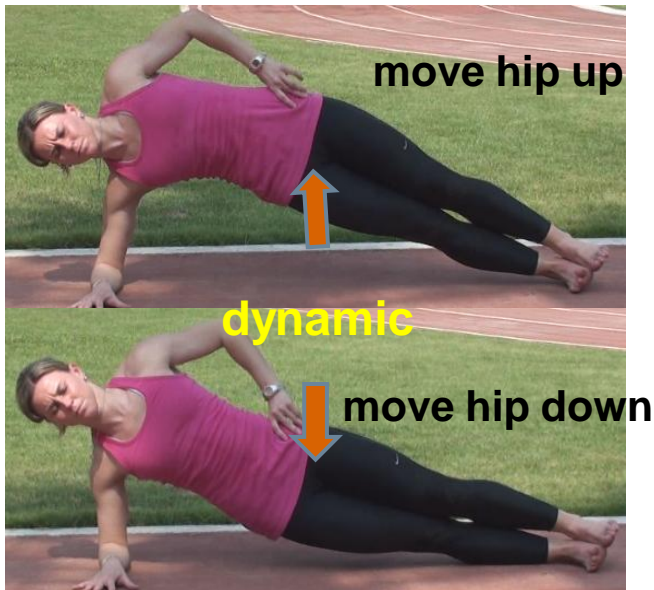
Moving & holding body (static & dynamic)



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## ➤ Body & hip stability



Change of static & dynamic





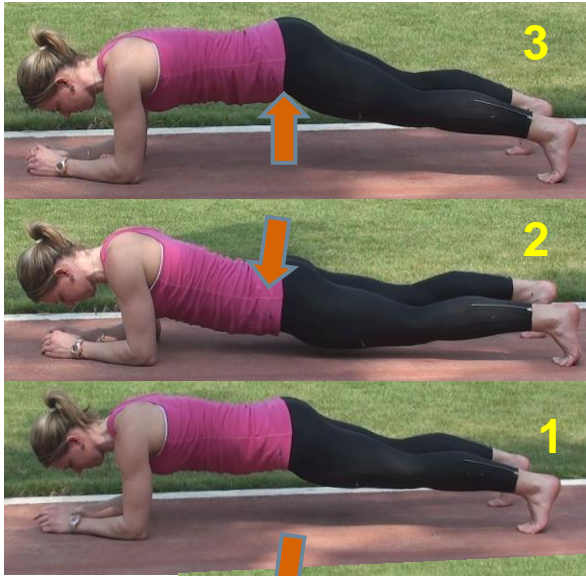


# Stability Training (2)

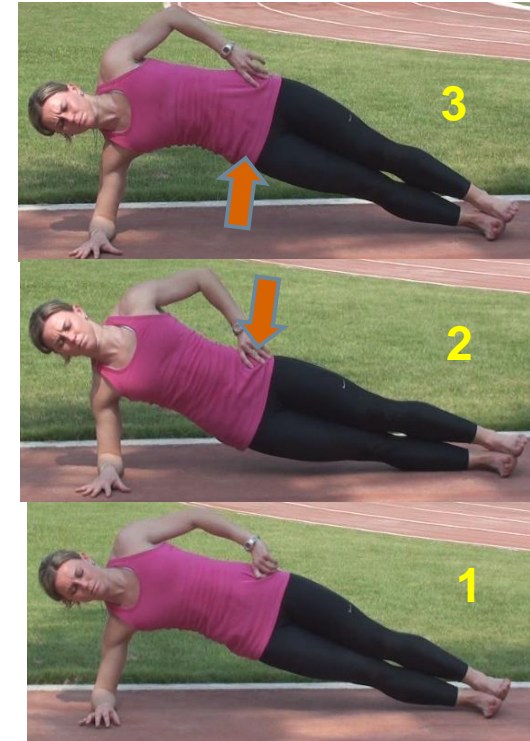
## Focus on Body-Centre-Stability



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- EXERCISES**
- 3. dynamic up  
appr. 8-10x slow
  - 2. dynamic down  
appr. 8-10x slow
  - 1. static - hold the  
position 10-15s



- ❖ static (hold up diagonal arm & feet for 10sec  
than move arm & feet continuously 15sec (4)
- ❖ **Support by a couchin (open leg & arms) (5)**





# Stability Training (3)

## Abdominals



7



when you start from and return to basic position you should **not lay down completely**, but remain with shoulder off the ground



„sit-ups“ are performed in slow movement & been repeated 20-25x with at least 3 sets







# Stability Training (4)

## Abdominals



8



„sit-up“ on gluteal muscle.

Sit in this position balanced knee bend, toe tightend & upper body stabil kept up.

„sit-ups“ in this position are also performed slowly



2 - Start in pos. 1 by lifting the upper body more up, at the same time raise the knee towards the oposite shoulder , or just come up only straight





# Stability Training (5)

## Back & gluteal muscle



9



### Exercise A

just lift the trunk up slightly off the ground and keep it for 10-15sec – 3 set



### Exercise B

lift the trunk up slightly off the ground and move your arms to 90° back, than forward. Repeat 8-10times slowly – 3 set



### Exercise C

lifting leg and arm up in a diagonal scissors up & down movement for 8-10times slowly





# Stability Training (6)

Global body, but mainly chest & hip muscles



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# Stability Training (7)

Mainly back & abdominal muscles

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**Exercise B + C**

move hip slowly  
5-10 times up & down

Repeat all exercises 3x

**Exercise A**  
keep this  
position for  
appr. 10-20s,  
do not move



**Exercise D**  
lift one leg after  
each other 5-10x





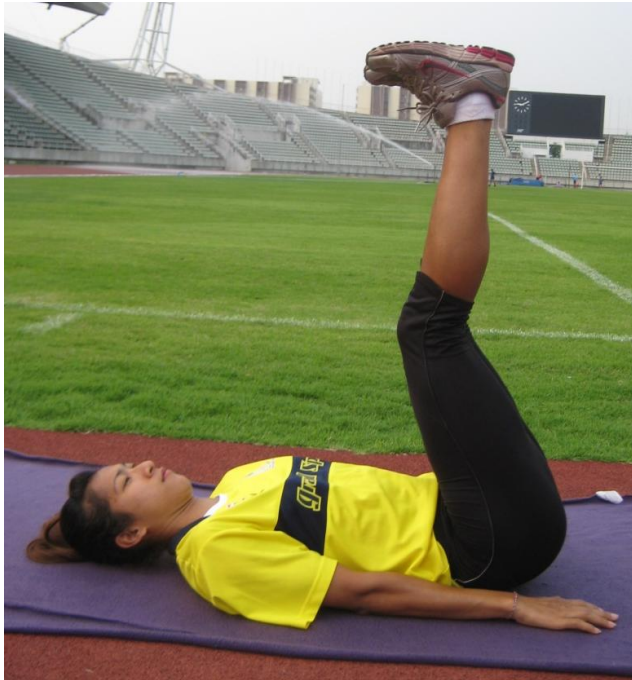
# Stability Training (8)

## Special lower abdominal muscles



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Lay down straight, head and shoulder relaxed on the ground, arms placed next to the heep. Legs straight up-right or slightly bend. Hip-Leg 90 degree



..than only lift up the buttocks  
appr. 5-10cm above ground and  
keep it up there for 3-5sec







# Stability Training (9)

Global body – thigh, back, abdominals



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Pos. 1 „start-off position“



Pos.2 – variation of exercises





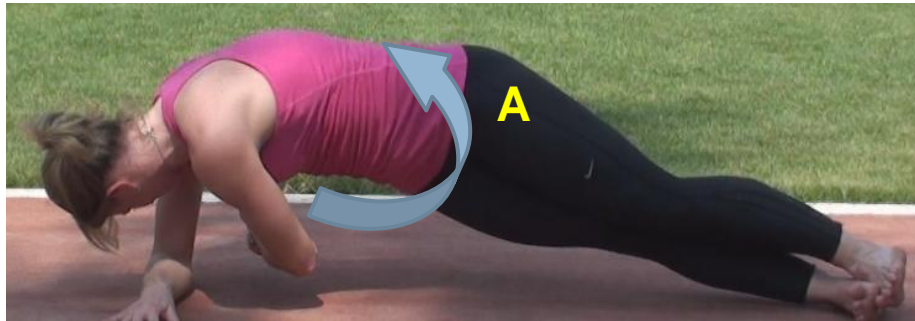
# Combined Stability (10)

Body balance & stability

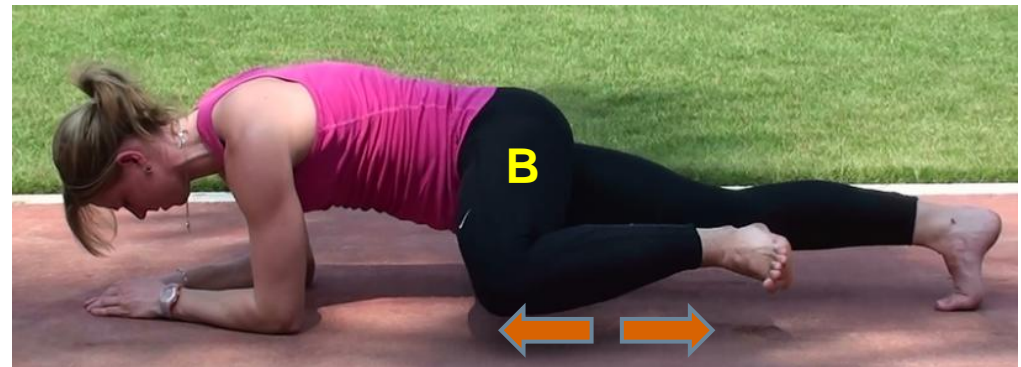
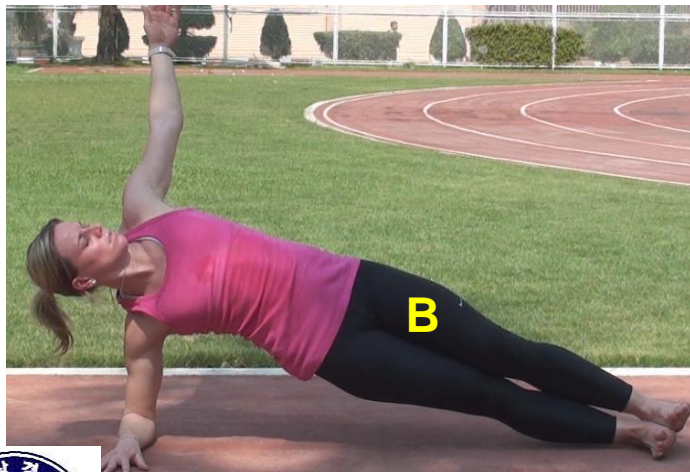


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From position (B) rotate in to (A)



Moving legs up & down (A), or forward & backward (B) from at stabil position



**START every exercise always stabil & from a very correct and clear position!**







# Combined Stability (11)

Complex body balance & stability



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Variation Exercises





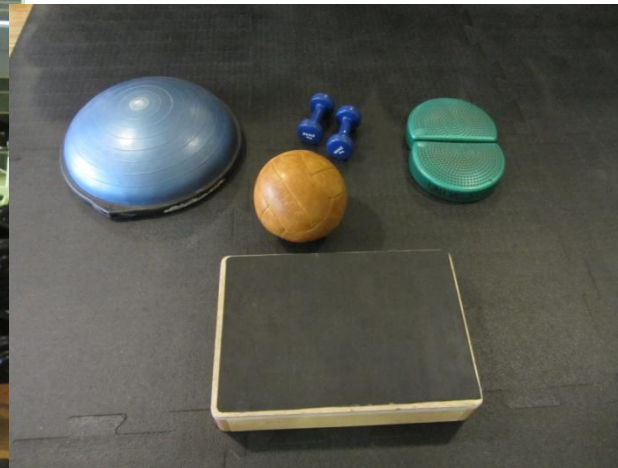
# Combined Stability (12)

Complex body balance & stability



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Good for smaller & side muscles



Find  
variation exercises  
with soft-ground-  
platform

