

Lisburn City SC Senior Squad Core & Stabilization Programme

Core & Stabilization (2-3 sets 12-20 reps in circuit)

Single Leg Balance (6-10each leg)



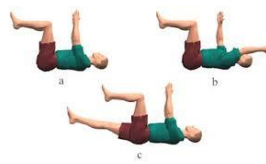
Full Can



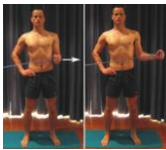
Y Exercise



Dying Bug



Standing External Rotation



Bird Dog



Knee Drops

Step 1



Step 2



Lying Oblique Twist