



core TRAINING FOR basketball REFEREES

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The core is composed of your lumbo-pelvic-hip complex, the center of mass for the body and where all movement originates. So, in working on your core you are working in your internal muscles.

Core training will help you more than just being able to do sit-ups, because you are using all of your body at the same time. The good thing is that you can work your core wherever you are , weight room, hotel room, park,...etc.

Here you have some examples of exercises that you can do without any other object, but the most important thing is to do them in a right position.

You just have to maintain this position for 20-30 seconds with 2-3 repetitions. It will be enough to do it 2 days a week. As always any question please let me know through the webmail or the forum.

Best regards,

Alejandro Vaquera











One hand and the opposite foot on the air





On your side and opening one leg



Important to raise your leg and keep your back straight