



# THE UN GUARDABLES



**UNGUARDABLE QUICKNESS**  
**CORE TRAINING FOR QUICKNESS**

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## Core Training For Quickness

One of the most underrated pieces to improving your on-court quickness is your core. I typically refer to the core as the “trunk.” It’s all of the muscles that connect, attach, or function around the mid-section of the body.

The core is very important in training to improve your quickness because it helps control and stabilize the hips. This means that it is important in creating force and control your torso. Torso control helps the body be efficient in movement . The faster and more explosive the movement, the more important having a strong core is.

All of the present research shows that the core is designed to do 3 things: prevent extension (back bending), prevent rotation (twisting), and prevent lateral flexion (side bending). With all of this knowledge, if you’re still training your core by simply doing crunches and flutter kicks on your back, you’re not really training your core effectively. Just like all other technology, things progress and evolve over time - the core is no different.

In the Core Training For Quickness videos you will see a complete 12-week core training program designed to improve your stability and trunk strength. This means that you’ll be much stronger on your feet when making plays both offensively and defensively. Oh, and did I mention that it will help your explosiveness and quickness? Yeah it’ll do that too.

Make sure you follow the sets and reps in the program outlined below. It’s designed to develop and progress your core strength so that you can improve your core strength to the best of your ability.

*Weeks 1-4*

<b>Exercise</b>	<b>Sets x Reps</b>	<b>Tempo</b>
A. Supine Leg Holds	3 x 2	30s/5s
A. Belly Push Iso	3 x 1/each side	20s/each
B. Landmine w/o Rotation	3 x 8/each side	CTRL
B. SB Planks	3 x 2	20s
C. Side Planks	3 x 2	20s/each

*Weeks 5-8*

<b>Exercise</b>	<b>Sets x Reps</b>	<b>Tempo</b>
A. ASLR	3 x 1	30s
A. Belly Push Iso Scissor	3 x 1/each side	20s/each
B. Landmine w/ Rotation	3 x 8/each side	CTRL
B. SB Plank Rotations	3 x 1/each way	20s/each
C. Weighted Side Planks	3 x 2	30s/each side

*Weeks 9-12*

<b>Exercise</b>	<b>Sets x Reps</b>	<b>Tempo</b>
A. Prone Planks	3 x 2	25s
B. Landmine Scissor w/o Rotation	3 x 8/each	CTRL
B. Greek God Press Iso	3 x 2/each stance	15s/each
C. SB Deadbug	3 x 5/each side	5s/each