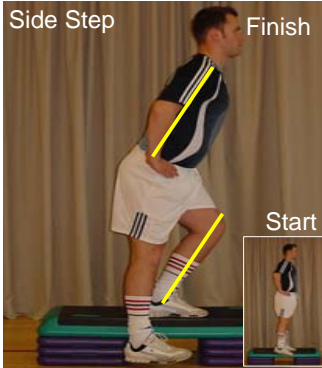
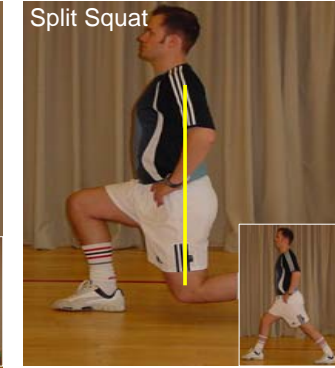


1) LOWER LIMB

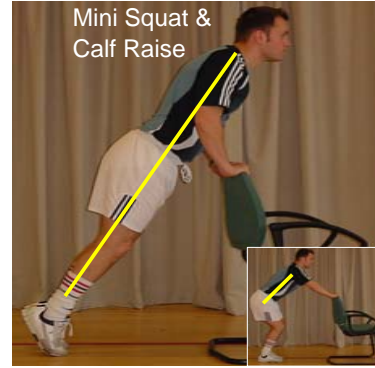
Perform these 3 exercises for 30" each in sequence x2 with 15" rest in between.



Area - Thigh & Hip
Action - Keep heel of supporting foot in contact with step as body weight is lowered to the floor. Stop once the heel of the non weight bearing foot touches the floor.
Technique - Keep back straight. At the bottom the trunk should be parallel with the line of the supporting shin.



Area - Hip & Trunk Stabilisers
Action - Stand in a stride position. Keeping the chest out & the shoulders back, drop down so that body weight is lowered vertically. At the bottom the knees should be at 90° with the trunk aligned vertically above the rear thigh.
Technique - Don't allow the leading knee to lunge forward of the ankle. At the bottom of the squat the rear knee should be in line with the hip & shoulder of the same side. Avoid sticking the backside out & dropping the shoulders forward



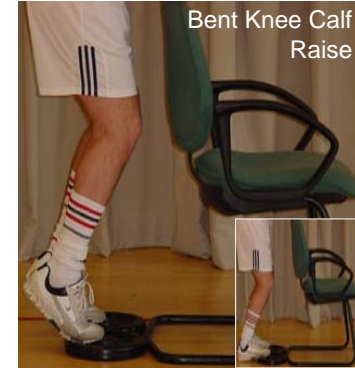
Area - Lower Limb 'Push-Off' Muscles
Action - Start with the knees slightly bent & heels in contact with floor. Maintain balance with hand support & drive forwards & upwards. Finish with the knees fully extended & the heels lifted maximally from the floor.
Technique - Keep the back straight throughout the exercise.

2) CALF

Perform these exercises for 30" each in sequence x2 with 15" rest between exercises



Area - Superficial Calf Muscles
Action - Place your toes on a small raise. Keep the knees extended & taking the weight through your hands - push up onto your toes.
Technique - Perform the movement slowly. The raise should be sufficient to allow the heels to touch the floor & to cause a slight stretching sensation in the calf area at the start of the exercise.



Area - Deep Calf Muscles
Action - Place your toes on a small raise. Keep the knees partially bent & taking the weight through your hands - push up onto your toes. Keep the knees bent as you do this.
Technique - Perform the movement slowly. The raise under the toes together with the degree of knee bend should be sufficient to allow the heels to touch the floor & to cause a slight stretching sensation in the calf area at the start of the exercise.

3) HAMSTRING

Perform these 5 exercises for 30" each in sequence x2 with 15" rest in between exercises



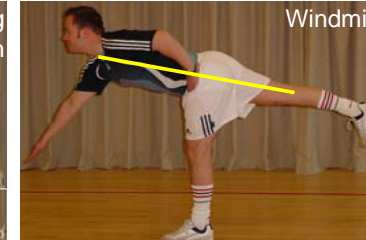
Area - Hamstring
Action - Place your heels on a bench & position the body near enough to the bench so that the knees are bent between 45-90°. Push down on the heels & lift the backside as high as possible
Technique - Placing the hands on the floor makes the exercise easier than placing the arms across the chest.



Area - Hamstring (endurance)
Action - Support the upper body with the hands. Position a loop of exercise elastic beneath the foot. Perform a 'cycling action' against the resistance of the elastic.
Technique - The resistance should be low so that high reps can be performed (20+). Keep the back straight throughout the exercise. Don't allow the lower back to bend as the knee is taken forwards.



Area - Hamstring (flexibility)
Action - Place a rolled towel beneath the small of the back. Keep the leg that isn't to be stretched flat to the floor. Grasp with both hands behind the thigh and then straighten the knee until a stretch sensation is felt on the back of the thigh. Hold for a count of 6 and repeat x10.
Technique - Keep the non-stretched leg flat to the floor.



Area - Hamstring (eccentric)
Action - Standing upright, keep the back straight & tip forwards maintaining a straight line down the length of the trunk and the non weight bearing leg. Reach down towards the floor and stop when tightness is experienced at the back of the thigh.
Technique - Perform the movement slowly & don't let the back bend - keep the backside in a 'stuck out' position.



Area - Hamstring (flexibility)
Action - Sit with the back straight & the backside in a 'stuck out' position. Tip the shoulders forwards, then straighten the knee by pulling on a belt that is looped around the foot. Hold at the point of stretch for a count of 6. repeat x10.
Technique - Don't let the lower back bend as the stretch is applied - the backside must be kept in the 'stuck out' position throughout the exercise.

Conditioning Exercises

4) GLUTS

Perform these 2 exercises for 30" each in sequence x2 with 15" rest in between exercises

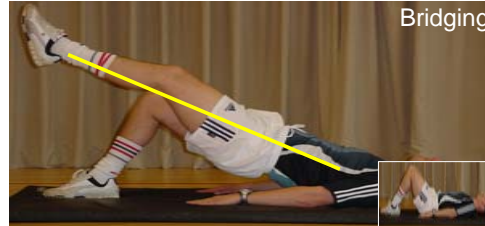


Hip Extension

Area - Buttock

Action - Support the upper body over the end of a table. Maintain a straight lower back as the bent knee is lifted to achieve full hip extension. Perform the movement smoothly and slowly.

Technique - Keep the knee bent to 90° throughout the movement - this shortens the hamstrings & focuses the effort onto the buttock muscles. Keep the back straight - don't let it over extend as the leg is lifted or bend the leg as the leg is lowered.



Bridging

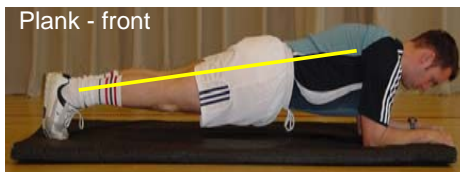
Area - Buttock & Trunk

Action - Start with the knees & hip bent with the feet flat to the floor. Push up on both legs to lift the backside. Transfer weight to one foot then lift the other foot.

Technique - Engage the buttock muscles in preference to the hamstrings. Don't let the hip of the lifted leg drop as the weight is taken off the foot. Placing the hands on the floor makes the exercise easier than placing the arms across the chest.

5) TRUNK

Perform these 4 exercises for 30" each in sequence x2 with 15" rest in between exercises

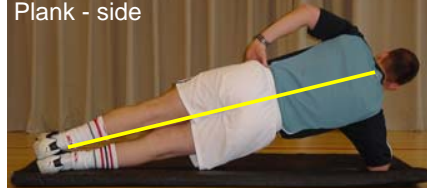


Plank - front

Area - Trunk (front abdominals)

Action - Take the weight through the toes & forearms whilst maintaining a straight trunk. Hold this position for a count of 10 and then roll into a side plank position

Technique - Don't let the backside sag beneath the horizontal & keep the head in line with the trunk.



Plank - side

Area - Trunk (side abdominals)

Action - Take the weight through the side of the foot & forearms whilst maintaining a straight trunk. Hold this position for a count of 10 and then roll into the front plank position.

Technique - Keep the head in line with the trunk and don't allow the backside to fall back into a 'jackknife' position.



BirdDog

Area - Trunk & Hip Extensors

Action - Keep the supporting knee directly under the hip & the supporting arm directly beneath the shoulder. Without twisting excessively - straighten the opposite arm and leg.

Technique - Perform the movements slowly and smoothly. Aim to have as little wobble as possible & no excessive trunk twisting.



Roll Outs

Area - Trunk (front abdominals)

Action - Start with the back straight & maintain this as the bar rolls away from the body.

Technique - Don't allow the lower back to fall into hyper-extension at the end of the roll out. Initiate movements first from hips then the arms.

Conditioning Exercises