

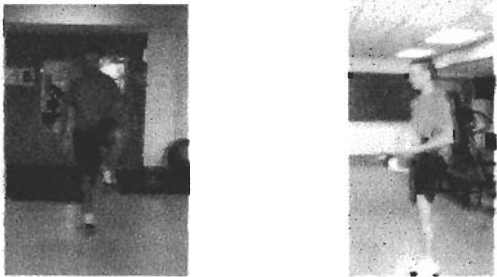








**Date**

**June 2009**

|   |              |  |
|---|--------------|--|
| <p><b>Touch Toes</b></p>                  | <p>1 x 5</p> |    |
| <p><b>Knee to chest</b></p>               | <p>1 x 5</p> |    |
| <p><b>Knee to chest with Rotation</b></p> | <p>1 x 5</p> |   |
| <p><b>The ultimate hip stretch</b></p>    | <p>1 x 5</p> |  |
| <p><b>Side stretch</b></p>                | <p>1 x 3</p> |   |

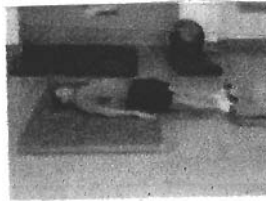
|   |               |  |
|---|---------------|--|
| <p><b>Backwards<br/>lunge</b></p>           | <p>1 x 10</p> |    |
| <p><b>Back<br/>extensions</b></p>           | <p>1 x 10</p> |    |
| <p><b>Scorpion</b></p>                      | <p>1 x 5</p>  |   |
| <p><b>Scorpion<br/>on your<br/>back</b></p> | <p>1 x 5</p>  |  |

**Specific strength conditioning program – To be done 3 times per week.**

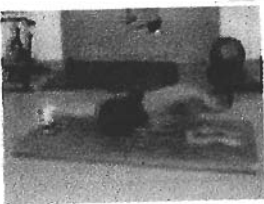
**Superman: 3 sets of 10/10**



**Glut bridges with slide: 3 sets of 10 repetitions**



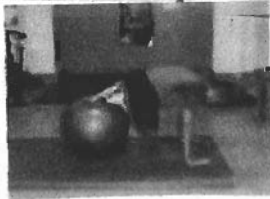
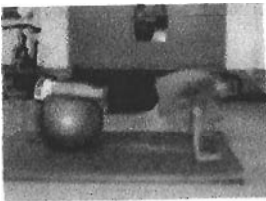
**Plank with alternate leg raises: 3 sets of 10/10**



**Side plank: 3 x 30 secs/30 secs**



**Swiss ball knee tractions towards chest: 3 x 10 reps**



**Alternate abs (obliques): 3 x 15/15**

