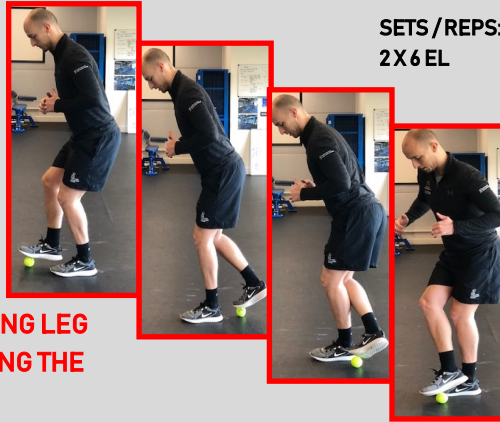


1 SINGLE LEG BALANCE

- STAND ON A SINGLE LEG WITH A TENNIS BALL ON THE FLOOR
- MAINTAIN A SOFT KNEE & HIP BEND
- KEEP YOUR BACK STRAIGHT, CHEST BIG & SHOULDERS BACK
- KEEP BALANCE, WHILE USING OTHER LEG TO "CIRCLE" TENNIS BALL AROUND STANDING LEG
- TRY TO KEEP THE OTHER LEG FROM TOUCHING THE FLOOR



SETS/REPS:
2X6 EL

2 SINGLE LEG HOP & HOLD

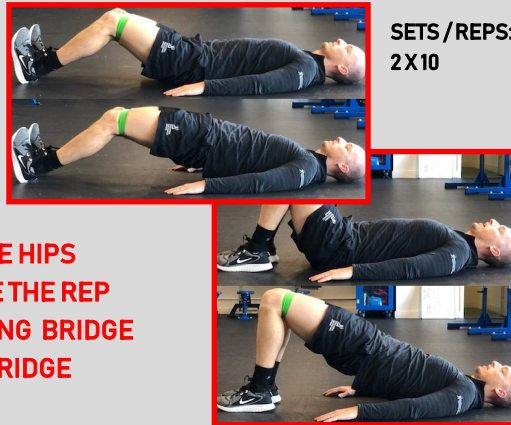
- START STANDING ON A SINGLE LEG WITH A SOFT KNEE & HIP BEND
- USE CONES OR COURT TRAMLINES TO SET A DISTANCE TO JUMP TOWARDS
- HOP FORWARD OFF A SINGLE LEG
- TRY TO LAND "HEEL TO TOE" & STICK THE LANDING
- ENSURE YOU LAND SOFTLY AND QUIETLY



SETS/REPS:
2X6 EL

3 GLUTE/HAM BRIDGE

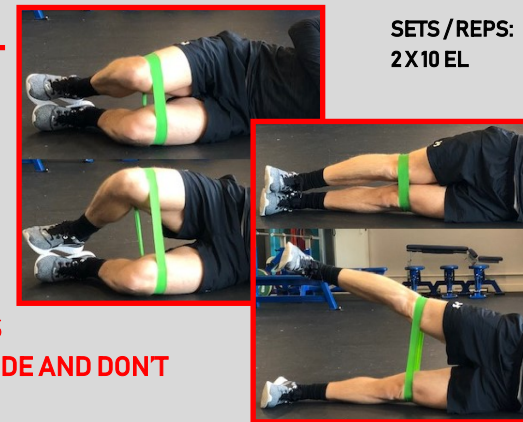
- START LYING ON BACK
- KEEP BACK FLAT AGAINST FLOOR BY ENSURING YOU ENGAGE YOUR CORE
- START WITH FEET CLOSE (GLUTE BRIDGE)
- PUSH THROUGH YOUR HEELS TO RAISE THE HIPS
- LOWER BACK TO THE FLOOR TO COMPLETE THE REP
- MOVE FEET FURTHER AWAY FOR HAMSTRING BRIDGE
- POINT TOES UPWARDS FOR HAMSTRING BRIDGE



SETS/REPS:
2X10

4 LEG RAISE/CLAMSHELL

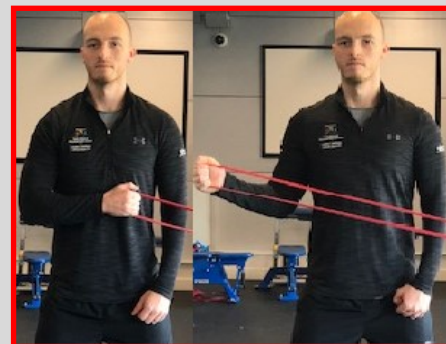
- START ON THE FLOOR LYING ON SIDE
- STRAIGHTEN LEGS & BODY AND RAISE LEG WHILE KEEPING IT STRAIGHT
- ALWAYS MAKE SURE HIPS ARE FULLY EXTENDED (SQUEEZE GLUTES)
- FOR CLAMSHELLS, BEND KNEES TO 90°
- SEPARATE KNEES BY SQUEEZING GLUTES
- MAKE SURE YOU KEEP THE BODY ON ITS SIDE AND DON'T ROTATE YOUR HIPS (OPEN UP)



SETS/REPS:
2X10 EL

5 EXTERNAL ROTATION

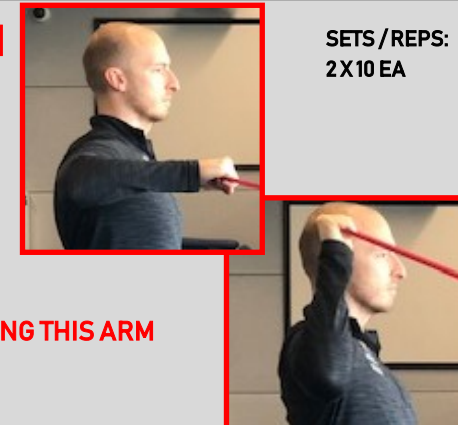
- START STANDING OR KNEELING
- FIX BAND TO THE NET POST OR OTHER IMMOVABLE OBJECT
- USE A LIGHT BAND (RED OR ORANGE)
- HOLD BAND ACROSS BODY & SET SHOULDER (BACK & DOWN)
- KEEP ARM AT 90° THROUGHOUT MOVEMENT
- EXTERNALLY ROTATE SHOULDER (AS SHOWN)
- MAKE SURE YOUR BACK IS KEPT STRAIGHT



SETS/REPS:
2X10 EA

6 90° 90° EXTERNAL ROTATION

- START STANDING OR KNEELING
- FIX BAND TO THE NET POST OR OTHER IMMOVABLE OBJECT
- USE A LIGHT BAND (RED OR ORANGE)
- HOLD BAND WITH SHOULDER AT 90° & ELBOW AT 90° AND SHOULDER SET (BACK & DOWN)
- EXTERNALLY ROTATE SHOULDER WHILE KEEPING THIS ARM & SHOULDER POSITION
- MAKE SURE YOUR BACK IS KEPT STRAIGHT



SETS/REPS:
2X10 EA

7 BAND PULL APARTS

- START WITH A LIGHT RESISTANCE BAND
- HOLD THE BAND OUT IN FRONT OF THE BODY WITH TWO HANDS
- KEEP ARMS STRAIGHT WHILE PULLING THE BAND APART TAKING ARMS TO THE SIDE OF THE BODY
- ENSURE YOU KEEP GOOD POSTURE WITH A STRAIGHT BACK WHILE DOING THE EXERCISE



SETS/REPS:
2 X 10



8 SEAL WALKS (WRIST)

- START IN A PRESS UP POSITION WITH KNEES ON THE FLOOR
- ROTATE HANDS AROUND SO THAT THE FINGERS ARE POINTING TOWARDS YOUR KNEES
- FROM THIS POSITION, START TO WALK FORWARD & BACKWARDS WHILE KEEPING THE HAND POSITION AND NEUTRAL POSTURE



SETS/REPS:
2 X 10



9 T- SPINE ROTATIONS

- START BY LYING ON YOUR BACK
- PICK YOUR KNEE UP TO 90° & ROLL BODY TO ONE SIDE
- REACH ARMS OUT IN FRONT OF BODY
- START TO REACH OVER & BEHIND THE BODY WITH THE TOP ARM WHILE KEEPING KNEE ON THE FLOOR
- WHILE TRYING TO KEEP THE KNEE IN CONTACT WITH FLOOR, TRY TO TOUCH THE REACHING ARM & SHOULDER TO THE FLOOR AS WELL



SETS/REPS:
2 X 6 ES

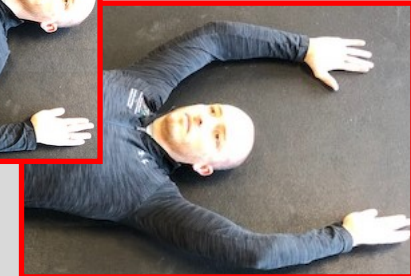


10 FLOOR SLIDES

- START LYING ON THE FLOOR WITH LOWER BACK FLAT AGAINST THE FLOOR
- FORCE ELBOWS AND WRISTS INTO THE FLOOR & TRY TO ALWAYS MAINTAIN CONTACT
- SLIDE ARMS UP ABOVE HEAD WHILE KEEPING CONTACT OF LOWER BACK, WRISTS & ELBOWS



SETS/REPS:
2 X 10



11 DEADBUGS

- START LYING ON BACK WITH BACK FLAT AGAINST THE FLOOR
- REACH ARMS OUT STRAIGHT & BEND KNEES TO 90° - KEEPING BACK FLAT
- REACH OUT WITH OPPOSITE ARM & LEG WHILE KEEPING LOWER BACK IN CONTACT WITH THE FLOOR
- BRACE BODY & ALTERNATE BETWEEN SIDES



SETS/REPS:
2 X 10 ES



12 SIDE PLANK BAND ROW

- START IN A SIDE PLANK POSITION
- FIX BAND TO NET POST OR OTHER IMMOVABLE OBJECT
- CREATE TENSION ON BAND BY MOVING AWAY FROM ANCHOR POINT
- WHILE HOLDING POSITION, PULL BAND WITH ARM
- ENSURE BODY IS HELD IN A STABLE PLANK POSITION WHILE ROWING THE BAND



SETS/REPS:
2 X 10 EA

