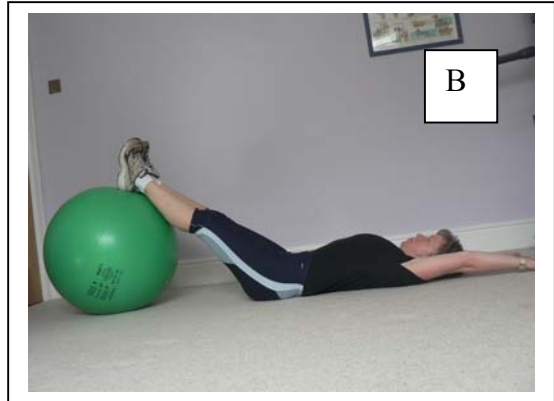
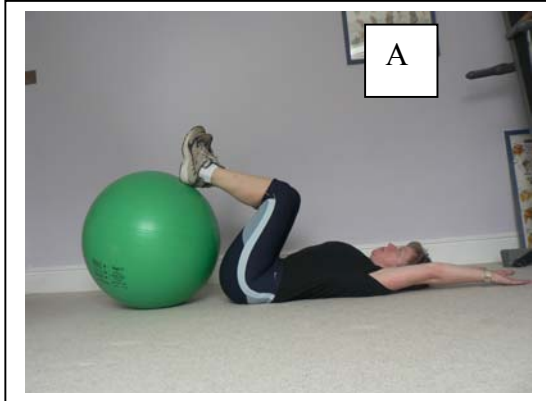


Week 4

Abdominal Control

Exercise	Technique
Double leg and arm stretch with gym ball Perform 2 sets × 15 on each leg.	Find neutral spine and contract LAbs. Assume a position as in the picture A Breathe in-out – stretch both legs out and one arm back while keeping ribs down (B) Breathe in – out and return to starting position

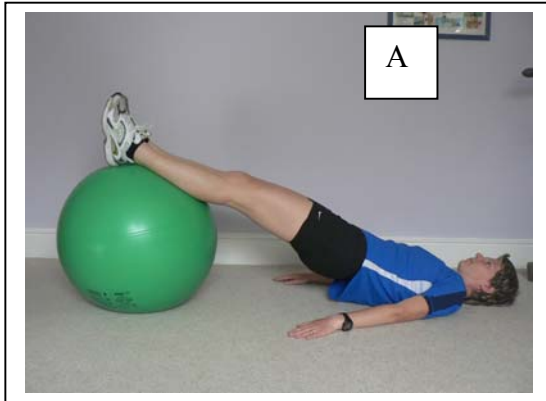


Exercise	Technique
Knee fall out Perform 2 sets × 15 on each leg.	Find neutral spine and contract LAbs. Breathe in-out and let one leg to fall out while keeping back and pelvis still Breathe in –out and return to starting position (think of an elastic band attached from your knee to tomy button)



Gluteal Muscles (week 4)

Exercise	Technique
<p>Shoulder Bridge with gym ball +/- leg lift</p> <p>Perform 2 sets of 15</p>	<p>Place legs on the gym ball Find neutral spine and contract lower abs. and buttock muscles Breathe in-out, lift your pelvis off the floor (A) Breathe in-out, return to the floor <i>alternatively</i> Breathe in-out and lift one leg off the ball while maintaining the bridge (see picture B) Breathe in – out and return leg back on the ball and pelvis down</p>



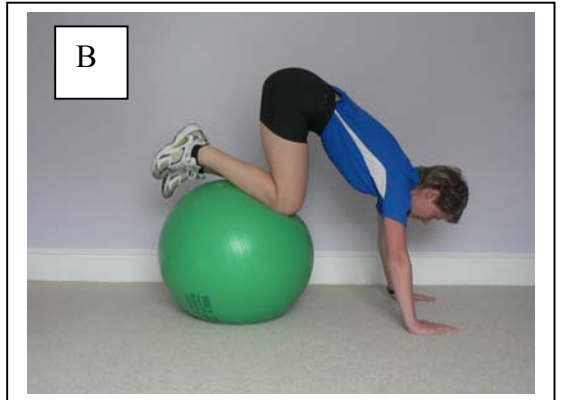
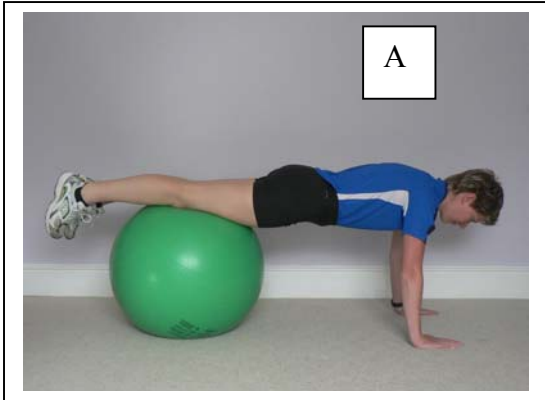
Exercise	Technique
<p>Swimming legs on gym ball</p> <p>Perform 2 sets of 30 kicks (alternating the legs)</p> <p>Don not move your trunk from side to side</p>	<p>Lie over the top of the gym ball (see picture) Find a neutral spine contract LABs and buttock muscles Pulse legs in a swimming fashion while maintaining your back still</p>



Leg and Trunk Strengthening (week 4)

Exercise	Technique
<p>Hip lifts on gym ball</p>	<p>Assume the position as in picture A</p>

Perform 2 sets of 15 repetitions	Breathe in-out and bring your pelvis up, using your abdominal and front hip muscles Keep your back straight, motion should only occur at your hips Breathe in-out and return to the starting position
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Exercise	Technique
<p><u>Gluteal muscles level 4</u></p> <p>Perform 3 sets of 15 repetitions on each leg</p> <ul style="list-style-type: none"> Do not twist or side bend your spine while lifting your leg. 	<p>Keep spine straight and bend knees Find spine neutral contract L.Abs Lift the uppermost leg straight up to neutral position and bring it slightly back Pulse leg up/down</p>



Standing drills (week 4 – running track)

Exercise	Technique
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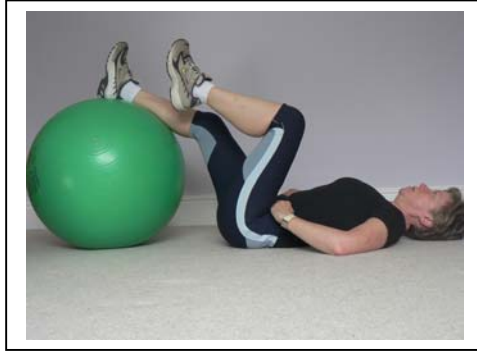
<p>Lunge jump</p> <p>Perform 3 sets of 15 repetitions on each leg</p> <p><u>Do not lean forwards or back while performing the lunge</u> <u>Your weight should be distributed evenly on both feet</u></p>	<p>Find dynamic standing posture Jump up and land in a lunge position, hold for 5 seconds and return to standing.</p> <p><u>Hands by your side</u></p> <p><i>Progress: close eyes</i></p>
	

Exercise	Technique
<p>High knee with heel raise</p> <p>Cover 20-40m distance 2 times</p> <p>Do not bend you backwards or slouch while lifting the leg</p>	<p>Find the dynamic standing position as in week one Raise your knee to hip level (parallel with the ground and foot like a fish hook) and heel raise on supporting leg Bring leg back down stepping forwards</p>
	

Week 5 - Abdominal Control

Exercise	Technique
<p>Supine Running</p> <p>Perform 2 sets × 15 on each leg.</p> <p><i>Progress: add alternating arms</i></p>	<p>Find neutral spine, place both leg on the gym ball and contract L.Abs. (as in picture A but with arms down)</p> <p>Breathe in-out - stretch one leg out while keeping ribs down (B) Breathe in – out - return to starting postion</p>

Repeat with opposite leg



Exercise

Knee fall out (level 2)

Perform 2 sets × 15 on each leg.

Technique



assume position as in picture A and find neutral spine and contract lower abs


Breathe in-out and let both legs to fall to one side control movement through the centre

Breathe in –out and return to starting position (think of an elastic band)



Gluteal Muscles (week 5)


Exercise	Technique
<p>Reverse bridge and leg lift</p> <p>Perform 2 sets of 15 on each leg</p>	<p>Assume the position as in picture A</p> <p>Find neutral spine and contract lower abs. and buttock muscles</p> <p>Breathe in-out - lift leg off the floor</p> <p><u>Breathe in-out - return to the floor</u></p> <p>Repeat with other leg</p>
	

Exercise	Technique
<p>Swimming legs on gym ball (arm parallel hold)</p> <p>Perform 2 sets of 30 kicks (alternating the legs)</p> <p>Don not move your trunk from side to side</p>	<p>Lie over the top of the gym ball (see picture)</p> <p>Find a neutral spine contract lower abs and buttock muscles</p> <p>Pulse legs in a swimming fashion while maintaing your back still</p>
	

Leg and Trunk Strengthening (week 5)

Exercise	Technique
<p>Front plank hold +/- ball</p> <p>Side plank hold +/-ball</p> <p>Hold up to one minute</p>	<p>Assume the position as in pictures</p> <p><i>Progress: lift one leg and hold</i></p>



Exercise	Technique
<p>Gluteal muscles level 4</p> <p>Perform 3 sets of 20 repetitions on each leg</p> <p><u>Do not twist or side bend your spine while lifting your leg.</u></p>	<p>Keep spine straight and bend knees</p> <p>Find spine neutral contract L.Abs</p> <p>Lift the uppermost leg straight up to neutral position and bring it slightly back</p> <p>Pulse leg up/down</p>
	

Standing drills (week 5 – running track)

Exercise	Technique
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<p>Lunge jump (alternating and landing on a parallel line)</p> <p>Perform 2 sets of 30 hops (includes both legs)</p> <p>Do not lean forwards or back while performing the lunge Your weight should be distributed evenly on both feet</p>	<p>Find dynamic standing posture Jump up and land in a lunge position, hold for 5 seconds, jump up and land into alternating lunge and hold 5 seconds</p> <p>Hands by your side to balance</p> <p><i>Progress:</i> close eyes</p>
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Exercise	Technique
<p>High knee with jump</p> <p>Cover 20-40m distance 2 times</p> <p>Do not bend you backwards or slouch while lifting the leg</p>	<p>Find the dynamic standing position as in week one Jump up and raise your knee to hip level (parallel with the ground) Hop forwards</p> <p>Repeat on other leg</p>



Week 6

Abdominal Control

Exercise	Technique
<p>Supine Running</p> <p>Perform 2 sets × 15 on each leg.</p>	<p>Find neutral spine and contract lower abs. Lift knees above your hips Breathe in-out - stretch opposite arm and opposite leg out while keeping ribs down Breathe in – out - return to starting postion</p> <p>Repeat with opposite leg</p>



Gluteal Muscles (week 6)

Exercise	Technique
<p>Reverse bridge and leg lift and knee bend</p> <p>Perform 2 sets of 5-10 repetitions on each leg</p>	<p>Lie over the back of the ball Find neutral spine and contract lower abs. and buttock muscles Breathe in-out - lift leg off the floor and bend knee Mimic running action with that leg</p> <p>Repeat with other leg</p>

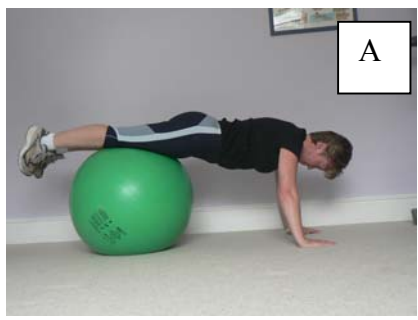
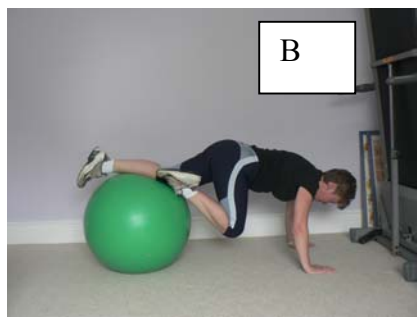




Exercise	Technique
<p>Swimming legs on gym ball (arm parallel hold)</p> <p>Perform 2 sets of 30 kicks (alternating the legs)</p> <p>Don not move your trunk from side to side</p>	<p>Lie over the top of the gym ball (see picture) Find a neutral spine contract lower abs and buttock muscles Pulse legs in a swimming fashion while maintaing your back still, concentrate on large hip motion</p>



Leg and Trunk Strengthening (week 6)

Exercise	Technique
<p>Prone running with a ball</p> <p>Perform 2 sets of 10 reps on each leg</p>	<p>Assume position as in picture A</p> <p>Bring one leg up towards your chest</p> <p>Mimic running action with both legs (picture B)</p>

			
	<p>Assume t lift one leg</p>		
			

Standing drills (week 6 – running track)

Exercise	Technique
<p><u>walk – run drill</u></p> <p>Cover 20-40m distance 3 times</p> <p>Maintain long straight spine, maintain arm swing,</p>	<p>Find the dynamic standing position as in week one</p> <p>Begin to move arms, add legs to walk, maintain height and begin to run, continually speeding up to comfortable pace</p>

Homework

Repeat this session's exercises two more times before next weeks session

1. Warm up – jog
2. Go through stretching routine before starting stability and strength
3. Lower abdominal routine as per last session
4. Gluteal routine as per last session
5. Leg and trunk routine as per last session
6. Standing drills

Concentrate on accurate execution and alignment of the drills, plus correct muscles working in key exercises!