
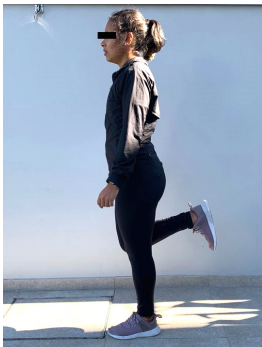






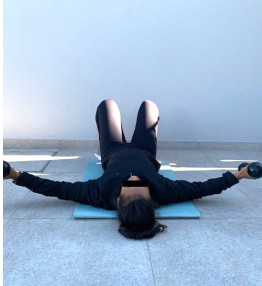







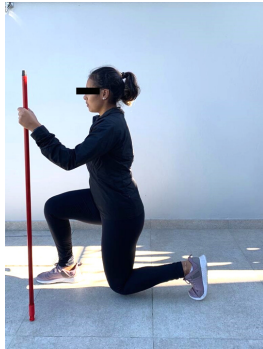



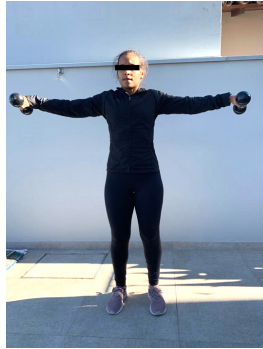

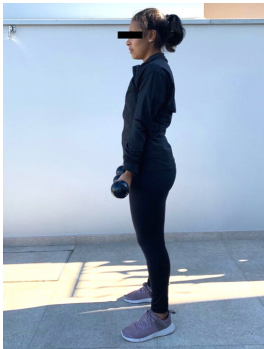
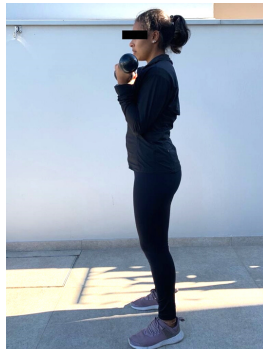
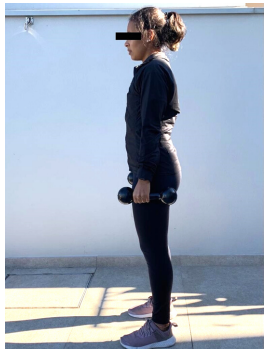
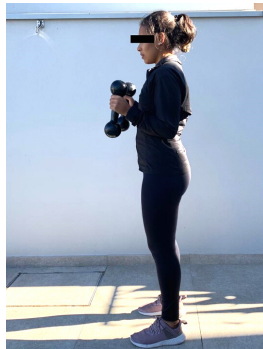
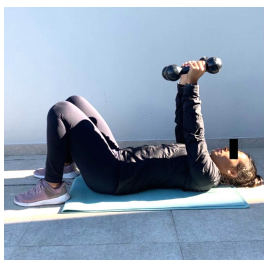
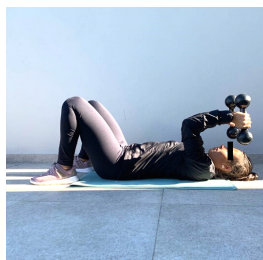
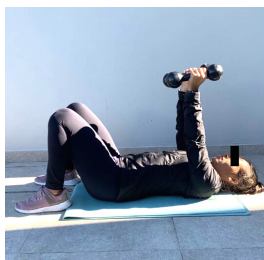
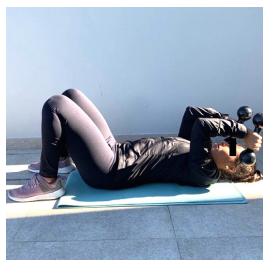
BOARD - EXERCISES

MESOCYCLE 1		MESOCYCLE 2	
PHASE 1	PHASE 2	PHASE 1	PHASE 2
			
Shoulder front raise		Shoulder front raise	
			
Stiff		Stiff	
			
Skipping		Adapted jumping jacks	
			
Single leg stance (Right leg + Left leg)		Imaginary line walking	







BOARD - EXERCISES

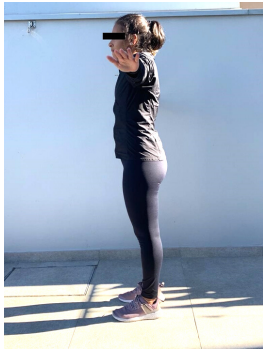

MESOCYCLE 1		MESOCYCLE 2	
PHASE 1	PHASE 2	PHASE 1	PHASE 2
			
Pelvic lift		Unilateral pelvic lift	
			
Dumbbell floor press		Dumbbell fly	
			
Chair squat		Dynamic plus isometric squat	
			
One-arm dumbbell row		One arm wide grip dumbbell row	

BOARD - EXERCISES

MESOCYCLE 1		MESOCYCLE 2	
PHASE 1	PHASE 2	PHASE 1	PHASE 2
			
Split squat (w/ stick support to balance)		Lunge	
			
Lateral raises		Front raise	
			
Biceps curl		Hammer curl	
			
Lying triceps extension		Dynamic plus isometric lying triceps extension	

BOARD - EXERCISES

MESOCYCLE 1		MESOCYCLE 2	
PHASE 1	PHASE 2	PHASE 1	PHASE 2
			
Crunch		Isometric reverse crunch	
			
Isometric crunch			
		Bird dog	

MESOCYCLE 3	
PHASE 1	PHASE 2
	
Airplane pose (Right leg + Left leg)	