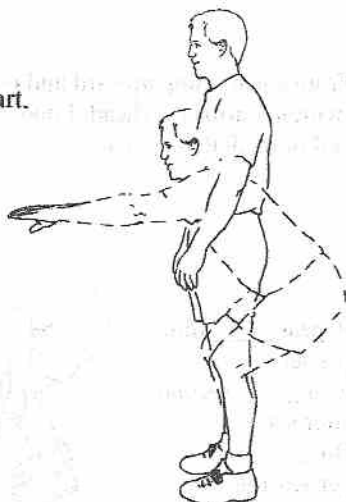


LOWER EXTREMITY - 2 Mini Squat: Double Leg

With feet shoulder width apart, reach forward for balance and do a mini squat. Keep knees in line with second toe. Knees do not go past toes.



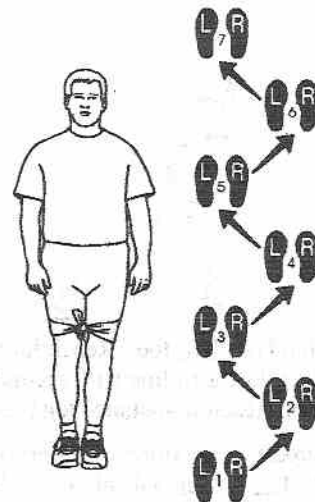
Repeat _____ times per set.
Rest _____ seconds after set.
Do _____ sets per session.

LOWER EXTREMITY - 12 Band Walk: Zig Zag

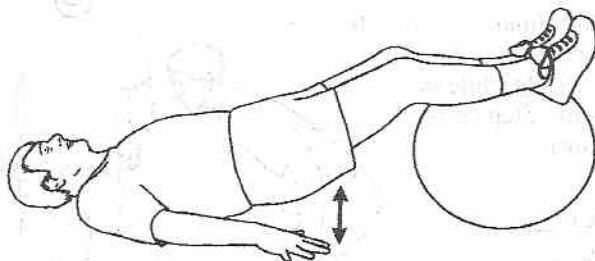
Tie band around legs, just above knees. Walk forward _____ feet in a zig zag pattern. Without turning walk backward to start for one zig zag.

Repeat _____ zig zags per session.

Note: Small towel between band and skin eases rubbing.



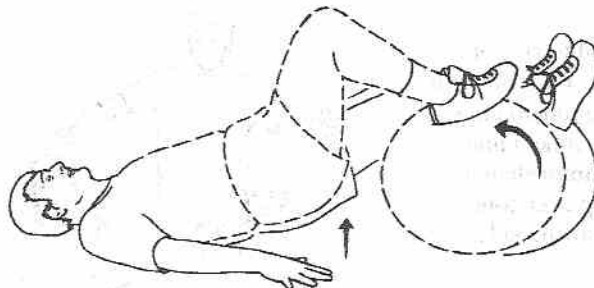
TRUNK - 15 Gymball: Bridging (Double Leg)



Lie on back, calves on ball. Slowly raise and lower buttocks.

Repeat _____ times per set. Rest _____ seconds after set.
Do _____ sets per session.

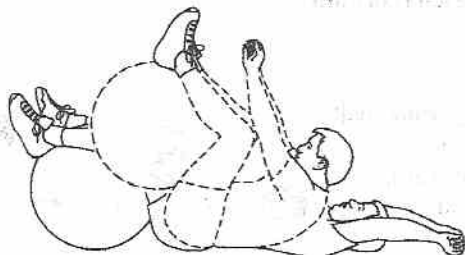
TRUNK - 17 Gymball: Hamstring Curl (Double Leg)



Lie on back, calves on ball, buttocks on floor. Raise buttocks then roll ball toward buttocks.

Repeat _____ times per set.
____ Lower buttocks to floor between rolls.
____ Hold buttocks off floor between rolls.
Rest _____ seconds after set. Do _____ sets per session.

TRUNK - 19 Gymball: V Sit-Up

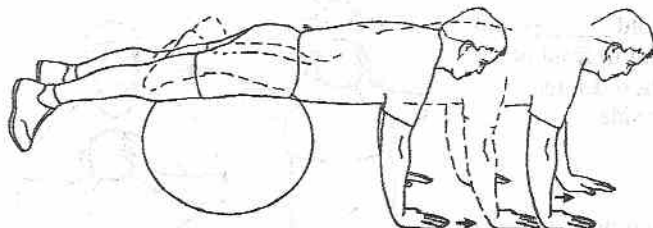


Lie on back, legs over ball, hands on floor beyond head. Squeeze ball between calves and thighs. Raise ball and hands to meet in the middle.

Repeat _____ times per set. Rest _____ seconds after set.
Do _____ sets per session.

____ Variation: Add _____ pound weight in hands.

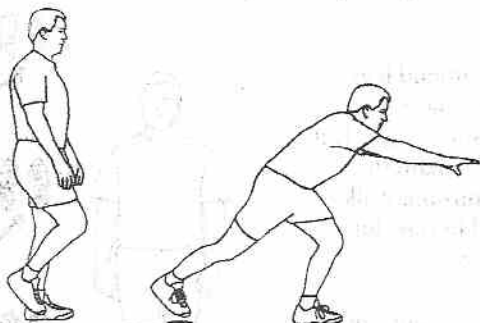
UPPER EXTREMITY - 26 Gymball Walkout



Walk-roll out to hips then back.

Repeat _____ times per set. Rest _____ seconds after set.
Do _____ sets per session.

LOWER EXTREMITY - 5 Squat: Single Leg

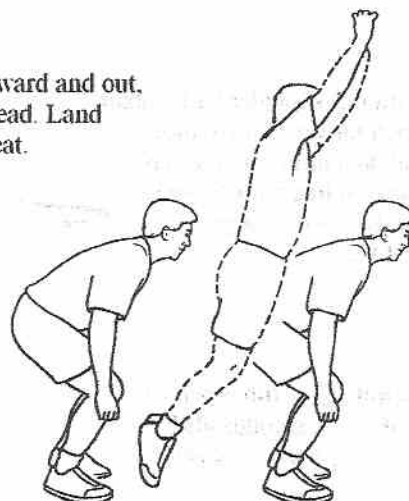


Stand on left foot. Reach forward for balance and squat. Keep knees in line with second toe. Knees do not go past toes. Reach non-stance leg back for balance.

Repeat _____ times. _____ Repeat with other leg for set.
Rest _____ seconds after set. Do _____ sets per session.

LOWER EXTREMITY - 20 Bound: Double Leg

From squat, jump upward and out, swinging arms overhead. Land and immediately repeat.

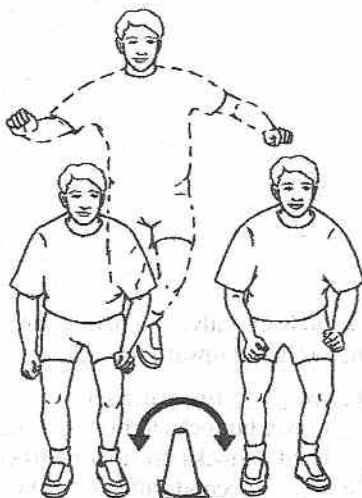


Repeat _____ times per set.
Rest _____ seconds after set.
Do _____ sets per session.

LOWER EXTREMITY - 33 Cone Jump: Sideways

Stand to side of cone. Push off with right foot to jump over cone. Land and immediately jump over cone to starting side.

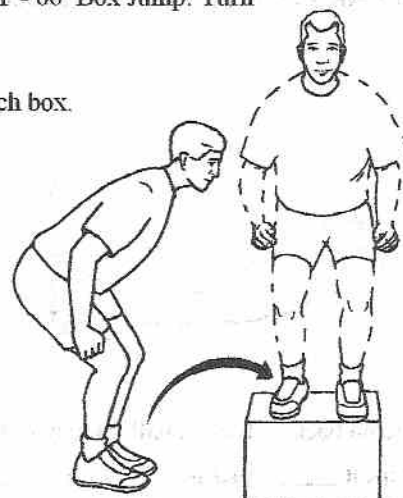
Repeat _____ times. _____ Repeat with other leg for set.
Rest _____ seconds after set.
Do _____ sets per session.



LOWER EXTREMITY - 66 Box Jump: Turn

Stand behind _____ inch box. Jump onto box. Turn 90° to right while in mid-air. Step down to return.

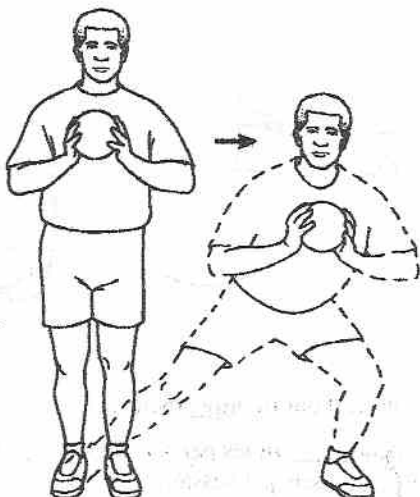
Repeat _____ times. _____ Repeat in other direction for set.
Rest _____ seconds after set.
Do _____ sets per session.



MEDICINE BALL - 8 Lower Extremity: Lunge (Lateral)

Hold _____ pound ball in front of chest. Lunge to side.

Repeat _____ times. _____ Repeat with other leg for set.
Rest _____ seconds after set.
Do _____ sets per session.



MEDICINE BALL - 11 Lower Extremity: Lunge / Reach (Forward)

Hold _____ pound ball in front of chest. Lunging forward, push ball out in front.

Repeat _____ times. _____ Repeat with other leg for set.
Rest _____ seconds after set.
Do _____ sets per session.

