

1. Stability Ball Circuit 03084



2-3 sets. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control

2. Prone Alternating Hip Flexion 06014



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

3. Stability Ball Bridging Leg Raise 04185



2-3 sets on each side. Build up to 10-15+ reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control.



4. Hopping Balance 01528



3 sets on each leg. Build up to 5-10+ reps. Hop forward/back/right/left/centre. Focus on a stable landing, with limited knee and ankle movement and strong core control around the hips.

5. Jumps Balance 01321



3-5 sets. Build up to 5-10+ reps. Jump as high as possible. Focus on a stable landing, with limited knee and ankle movement and strong core control around the hips.

6. Lateral Bound Balance 01430



3 sets on each leg. Build up to 5-10+ reps. Hop left and jump. Focus on a stable landing on right leg, with limited knee and ankle movement and strong core control around the hips. Hop right and jump, land on left leg.



CORE STRENGTH EXERCISES – Phase 03



7. Band Hip ER 01145



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**.

Weekly Recorder

CORE STRENGTH EXERCISES Phase 3	SETS	REPS	S	M	T	W	T	F	S
1. Stability Ball Circuit 03084	2-3	10-15							
2. Prone Alternating Hip Flexion 06014	2-3	10-15							
3. Stability Ball Bridging Leg Raise 04185	2-3	10-15							
4. Hopping Balance 01528	2-3	10-15							
5. Jumps Balance 01321	2-3	10-15							
6. Lateral Bound Balance 01430	2-3	10-15							
7. Band Hip ER 01145	2-3	10-15							

- Core Strength work will also assist in prevention of injuries.
- Alternate daily between Core Strength Phases 1, 2 and 3 and work on Flexibility every day.

**YOU CAN CONTROL ONLY WHAT YOU DO,
NOBODY ELSE CAN DO IT FOR YOU.**



Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts