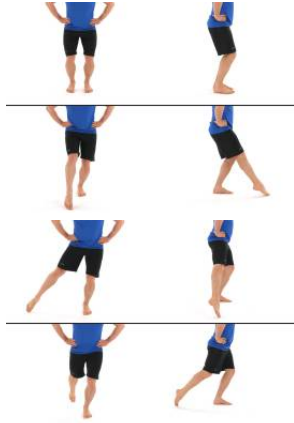


Notes :

## 1 Proprioception clock



Sets: 2 Reps: 5 Weight: BW

Stand on one leg with your knee flexed about 40 degrees. Have the opposite leg move forwards, then sideways and backwards (clock) trying to keep your balance on the stance leg.

## 2 Quick arms movement with band (1 leg)



Sets: 3 Duration: 30s

Hold an elastic band in your hands and attach it to an object located on the side at chest height.

Stand on one leg (the leg close to the band anchor)

With tension in the elastic and arms straight, engage the abdominals and pull the band sideways using fast movements with your trunk staying still.

The goal of this exercise is to make quick movements with the arms without moving your trunk. Abdominals should be braced.

## 3 Med Ball Twist



Sets: 3 Duration: 30-60s Rest: 30s

Sit down in a sit-up position with your feet on the ground.

Twist the med ball from left to right. Do not flex or rotate the trunk.

#### 4 Adductor slide



**Sets: 4 Reps: 6e1 Weight: 1-8kg Rest: 60s**

Start in standing with the working foot on a gliding disk. Hold a weight in your hands and extend your arms forward for counterbalance as you slide the leg out and you push your hips back.



Keep the support leg's heel planted on the ground. Come back up and repeat.

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#### 5 DB goblet squat



**Sets: 4 Reps: 8-15 Weight: 0kg+ Rest: 60s Other: You could Superset this exercise with the MB Twists**

Hold a dumbbell in your hands on your chest close to your chin. Feet are shoulder-width apart.

Lower to the point where thighs are parallel to the ground by pushing the hips backward and flexing the knees.

Keep the chest up and back neutral for the duration of the movement.

Keep the heels planted on the ground and knees aligned with the ankles.



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#### 6 Lunge jump



**Sets: 4-6 Duration: 20s Rest: 20s**

Place one foot in front and the other behind so that you're standing in a split stance position.

Lower yourself by bringing your back knee toward the ground and jump explosively directly up.

Repeat.

