



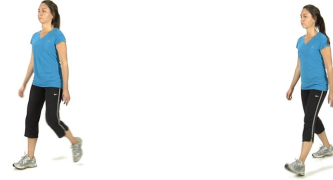
Notes :

1 Lateral step-touch



Duration: 30-60sec.

2 Front-back step-touch



Duration: 30-60sec.

3 Marching on the spot



Duration: 30-60 sec.

4 Lateral butt kick



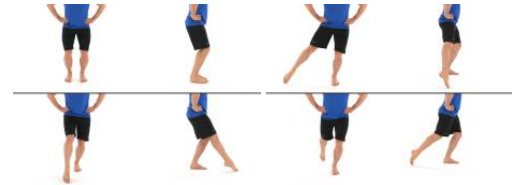
Duration: 30-60sec.

5 Side squat



Sets: 1 Duration: 30-45s. Rest: 0-60s.

6 Proprioception clock



Sets: 1 Duration: 30-45s. Rest: 0-60s.

7 Squat on chair



Sets: 1 Duration: 30-45s. Rest: 0-60s.

8 Incline push-up



Sets: 1 Duration: 30-45s. Rest: 0-60s.

9 Plantar flexion



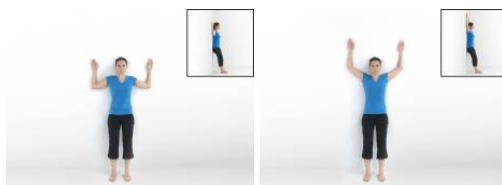
Sets: 1 Duration: 30-45s. Rest: 0-60s.

10 Upper trunk rotation



Sets: 1 Duration: 30-45s. Rest: 0-60s.

11 Wall slide, feet in front



Sets: 1 Duration: 30-45s. Rest: 0-60s.

12 Mountain climber



Sets: 1 Duration: 30-45s. Rest: 0-60s.



13 Hamstrings stretch



Duration: 30-60 sec.

14 Glutes stretching, figure 4



Duration: 30-60 sec.

15 Pectorals flexibility



Duration: 30-60 sec.

16 Lateral muscles stretch



Duration: 30-60 sec.

17 Quadriceps stretch



Duration: 30-60 sec.