

1

40" Work

Mobility

Level 1



Weeks 1-2

Level 2



Weeks 3-6

Level 3



Weeks 7-10

20" change exercise

2

40" Work

Stability

Level 1



Weeks 1-2

Level 2



Weeks 3-6

Level 3



Weeks 7-10

20" change exercise

3

40" Work

Anterior
chain
strength

Level 1



Weeks 1-2

Level 2



Weeks 3-6

Level 3



Weeks 7-10

4

40" Work

Lumbo-pelvic
control

Level 1



Weeks 1-2

Level 2



Weeks 3-6

Level 3



Weeks 7-10

20" change exercise

5

40" Work

Posterior
chain
strength

Level 1



Weeks 1-2

Level 2



Weeks 3-6

Level 3



Weeks 7-10

20" change exercise

6

40" Work

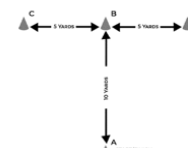
Change of
direction
ability

Level 1



Weeks 1-2

Level 2



Weeks 3-6

Level 3



Weeks 7-10