



Work with the Best

Personal exercise program

Core stability programme

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Training start date



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Bridge

Lying on back with knees bent up and feet flat on floor.

Lift your bottom off the floor as high as possible to make a tunnel

Pass a ball from one side to the other, how many times can you do this?

Target: Hold for 30⁺ seconds

Repeat 5 times



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Hedgehog

Lie with knees bent and feet flat on floor - back flat.
Curl up to place your hands around your knees as shown.
How long can you stay tightly curled up?

Target: 30⁺ seconds

Return to starting position slowly.

Repeat 5 times.



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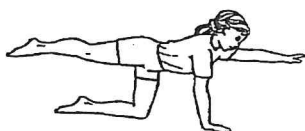
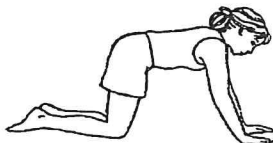
Aeroplane

Lying face down with your arms in a T-position and your palms facing the floor.

Lift your upper trunk off the floor and pull your shoulder blades together. Keep your neck straight and look at the floor during the exercise. Lift legs also.

Target: Hold 30⁺ secs. and return to starting position.

Repeat 5 times.



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Counterpoise balance

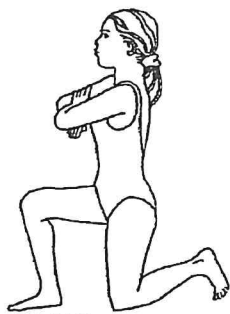
Start on hands and knees.

Stretch one leg behind you and opposite arm in front. Hold your straight leg so your foot is the same height as your bottom.

Target: Hold this position for 15 secs.

Return your knee and hand slowly to floor.

Repeat 5 times on each side.



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Half high kneeling.
 Kneeling with one knee up and one knee down. Make sure that both feet face forwards.
 Try and balance in the position shown.
 Encourage reaching and throwing activities in this position for balance.

Alternate foot forward position

Target: 15 - 20 catches of a ball



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Bear walking on hands and feet.
 Target: To stay on hands and feet and walk about for 30 seconds.

Crab walking on hands and feet with tummy uppermost.
 Target: To stay on hands and feet and walk backwards or sideways for 30 seconds keeping bottom lifted.

Donkey kicks-weight on hands and toes. Kick legs backwards.
 Target; 15 kicks taking weight on hands.

Bunny hops-weight on hands and feet.
 Target: 15 good jumps.



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Standing.

Lift one leg off the floor - try and balance for as long as possible. See how far you can count up to while balancing.

Target: 30⁺ seconds on each side

How many times can you pass a beanbag or tennis ball under and over your unsupported leg?



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Standing.

Pick up or move small objects with your toes.
 Sometimes it is better to use small soft objects like sponges.
 Repeat on other leg.

Move 10 different objects with each foot.

What is the smallest and largest object that you can move?
 you can practice this activity in sitting.

Don't worry if you can't do the 'target' amount initially, keep practicing and gradually build up to this.