

**AFTE EACH LEG TRAINING:**

1

10 Reps Each  
repetitions

**Curled Selza**

**Vertical shin**

**Piriformis (each leg)**

**Standing Achilles (each leg)**

**Kneeling Achilles (each leg)**

**Standing Pike**

**ONCE A WEEK STRETCHING EXERCISES:**

1

90 Seconds  
each repetitions

**Frog Stretch**

**Standing straddle pike**

**Pancake push to straddle stand**

**Kneeling tuck**

**Pancake Hold**

**Pancake Walks**

**Kneeling Tuck**

**Pancake Archups**