|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Core*** | ***Description*** | ***Stretching*** | ***Description*** |
| **Phase 1** | Bosu toe touch supermans |  | **Calf** |  |
| **Dosage** | 3 x 10 each side | **Dosage** |
| Reassesment\* | x 10 with good control | **Pretzel (upper back, quads, hip flexor)** |
| **Phase 2** | Prone plank hold |  |
|  | Add leg lift |
|  | Add arm lift | **Dosage** |
| **Dosage** | 3 x 30 - 60 seconds | **Hamstring** |
| Reassesment\* | 60s plank with good form leg lift and arm lift |
| **Phase 3** | Double Leg Bosu 1/2 kneel balance |  |
|  | Add ball catch / upper body | **Dosage** |
|  | *Continue plank* | **Gluteals** |
| **Dosage** | 3 x 30 - 60 seconds |
| Reassesment\* | 30s hold with x 2 ball catch |
| **Phase 4** | Single leg bosu 1/2 kneel balance |  | **Dosage** |
|  | Add ball catch / upper body | **Quads rolling** |
|  | Continue plank |
| **Dosage** | 3 x 30 - 60 seconds | **Dosage** |  |
| Reassesment\* | 30s hold with x 2 ball catch | **Any individual stretches** |
| **Phase 5** | Double leg 1.2 kneel swiss ball |  |
|  | Add ball catch/upper body |
|  | *Continue plank* | **Dosage** |
| **Dosage** | 3 x 30 - 60 seconds |  |  |
| Reassesment\* | 30s DL balance with ball throw |  |
| **Phase 7** | Bosu swivel |  |  |  |
| Add crunch in middle |  |  |
| Add medicine ball weight 2- 5 kg |  |  |
| *Continue plank* |  |  |
| **Dosage** | 3 x 10 - 20 each side |  |  |
| Reassesment\* | PASS = achieved dosage |  |  |
| **Phase 8** | Side plank |  |  |  |
| Add leg lift - to hover |  |  |
| Add arm lift with 2-5kg weight |  |  |
| **Dosage** | 3 x 30 - 60 seconds each side |  |  |
| Reassesment\* | PASS = 30s with arm and leg lifted each side |  |  |