|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | ***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  |  |  |