

Training Programme Example

Anterior Line	Posterior Line	Medial & Lateral Line
Planks- normal, Superman's, using a TRX, using a bench	Back planks- normal, using a TRX, using a bench	Side Planks outside leg and inside leg (on a box).
Quads exercises- leg press, leg extension, squats, single leg squats using TRX	Step ups with opposite arm up to push glute and full hip extension.	Side step ups with arm out to maximally stress glute medius
Straight leg raise in sitting with leg weights	Bridging- one legged, two legged on a ball, one legged on a ball, on a box	Karate kicks to the side- either on the ground or a Bosu
Straight leg raise in standing using a cable as resistance	Hamstring curl in prone lying against cable resistance	One legged hip drops and then realign. (think model dropping into hip)
Abdominal exercises- sit ups, sit ups on a ball	Backward Straight leg raise using cable resistance	Curtseys using the TRX for balance, making sure that my knee is straight but I'm rotating through my hip
Press ups- normal, TRX, on a Bosu	Backward side lunge using cable as resistance	Cable exercise adducting and abducting in standing
Moutain climbers, grasshoppers, Burpees	Calf raises- bent and straight knee	Clams, leg lifts in lying (with resistance elastic) , Abductor and adductor machine