

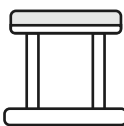


PIKE & HEAD TO TOE PHASE ONE

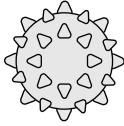
INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK



Blocks or Supports



Bench or Box



Massage Ball

ORDER	EXERCISE	REPS	TEMPO	SETS	REST
HOW TO USE YOUR PROGRAM					
A1	ROLLING FEET	90s PER SIDE	-	1-2	AS NEEDED
A2	CALF STRETCH SINGLE LEG STANDING	90s	-	2-3	AS NEEDED
B1	SCIATIC NERVE ANKLE JOINT FLOSS	8	3s UP 3s DOWN	2-3	60s +
C1	PIKE BLOCK CRUSH LEG ELEVATED	3	10s	1	60s +
C2	PIKE LIFT CRACR LEG ELEVATED	5	CONTRACT 5s LIFT RELAX 5s	2-3	60s +



PIKE & HEAD TO TOE PHASE ONE

INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK

cheek: touching feet

closed fist
after rolling ball

DATE	DATE	DATE	DATE
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ORDER	EXERCISE	1	2	3	4
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			REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT
A1	ROLLING FEET	▶	SET 1											
			SET 2											
			SET 3											
A2	CALF STRETCH SINGLE LEG STANDING	▶												
B1	SCIATIC NERVE ANKLE JOINT FLOSS	▶												
C1	PIKE BLOCK CRUSH LEG ELEVATED	▶												
C2	PIKE LIFT CRACR LEG ELEVATED	▶												

finger to
side way block



PIKE & HEAD TO TOE PHASE ONE

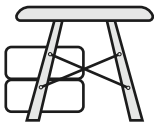
INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK

		DATE	DATE	DATE	DATE								
ORDER	EXERCISE	5	6	7	8								
		REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT
A1	ROLLING FEET	▶	SET 1										
			SET 2										
			SET 3										
A2	CALF STRETCH SINGLE LEG STANDING	▶											
B1	SCIATIC NERVE ANKLE JOINT FLOSS	▶											
C1	PIKE BLOCK CRUSH LEG ELEVATED	▶											
C2	PIKE LIFT CRACR LEG ELEVATED	▶											



PIKE & HEAD TO TOE PHASE TWO

INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK



Blocks or Supports

ORDER	EXERCISE	REPS	TEMPO	SETS	REST
HOW TO USE YOUR PROGRAM					
A1	DONKEY CALF STRETCH SINGLE LEG	90s	-	2-3	AS NEEDED
A2	YOUR PIGEON VARIATION	30s	-	2-3	60s +
B1	SCIATIC NERVE KNEE JOINT FLOSS	8	$\begin{matrix} & \wedge & - \\ 3 & 1 & 3 & 1 \\ \vee & - & & \end{matrix}$	2-3	60s +
C1	PIKE BLOCK CRUSH STANDING	8	3s LIFT 3s REST 3s LIFT 3s REST	2-3	90s +
D1	PIKE ACTIVE LIFTS SEATED	8	3s LIFT 3s REST 3s LIFT 3s REST	2-3	90s +



PIKE & HEAD TO TOE PHASE TWO

INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK

		DATE	DATE	DATE	DATE										
ORDER	EXERCISE	1	2	3	4										
A1	DONKEY CALF STRETCH SINGLE LEG	▶	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	
			SET 1												
			SET 2												
			SET 3												
A2	YOUR PIGEON VARIATION	▶													
B1	SCIATIC NERVE KNEE JOINT FLOSS	▶													
C1	PIKE BLOCK CRUSH STANDING	▶													
D1	PIKE ACTIVE LIFTS SEATED	▶													



PIKE & HEAD TO TOE PHASE TWO

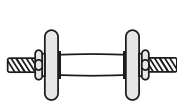
INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK

		DATE	DATE	DATE	DATE									
ORDER	EXERCISE	5	6	7	8									
A1	DONKEY CALF STRETCH SINGLE LEG	▶	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT
			SET 1											
			SET 2											
			SET 3											
A2	YOUR PIGEON VARIATION	▶												
B1	SCIATIC NERVE KNEE JOINT FLOSS	▶												
C1	PIKE BLOCK CRUSH STANDING	▶												
D1	PIKE ACTIVE LIFTS SEATED	▶												

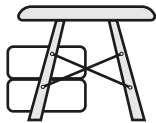


PIKE & HEAD TO TOE PHASE THREE

INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK



Dumbbells or Weights



Blocks or Supports

ORDER	EXERCISE	REPS	TEMPO	SETS	REST
HOW TO USE YOUR PROGRAM					
A1	KNEE EXTENSION CALF STRETCH SINGLE LEG	8	3s	2-3	60s +
B1	SCIATIC NERVE ANKLE JOINT GLIDE	6	$\begin{matrix} 3 & 1 & \hat{3} & 1 \\ \vee & - & & - \end{matrix}$	2-3	90s +
C1	PIKE GOOD MORNING B-STANCE	8	$\begin{matrix} 3 & 3 & \hat{1} & 0 \\ \vee & - & & - \end{matrix}$	2-3	60s +
C2	PIKE ACTIVE LIFTS SEATED SINGLE LEG	5	$\begin{matrix} 1 & 1 & \hat{1} & 5 \\ \vee & - & & - \end{matrix}$	2-3	60s +



PIKE & HEAD TO TOE PHASE THREE

INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK

		DATE			DATE			DATE			DATE		
ORDER	EXERCISE	1			2			3			4		
A1	KNEE EXTENSION CALF STRETCH SINGLE LEG	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT
		SET 1											
		SET 2											
		SET 3											
B1	SCIATIC NERVE ANKLE JOINT GLIDE												
C1	PIKE GOOD MORNING B-STANCE												
C2	PIKE ACTIVE LIFTS SEATED SINGLE LEG												



PIKE & HEAD TO TOE PHASE THREE

INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK

		DATE			DATE			DATE			DATE		
ORDER	EXERCISE	5			6			7			8		
A1	KNEE EXTENSION CALF STRETCH SINGLE LEG	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT
		SET 1											
		SET 2											
		SET 3											
B1	SCIATIC NERVE ANKLE JOINT GLIDE												
C1	PIKE GOOD MORNING B-STANCE												
C2	PIKE ACTIVE LIFTS SEATED SINGLE LEG												