

PIKE & HEAD TO TOE PHASE ONE

INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK







Massage Ball

ORDER	EXERCISE	REPS	ТЕМРО	SETS	REST
			HOW TO USE Y	OUR PROGRAM	
A 1	ROLLING FEET	90s per side	-	1-2	AS NEEDED
A2	CALF STRETCH SINGLE LEG STANDING	90 s	-	2-3	AS NEEDED
B1	SCIATIC NERVE ANKLE JOINT FLOSS	8	3s up 3s down	2-3	60 s +
C 1	PIKE BLOCK CRUSH LEG ELEVATED	3	10 s	1	60 s +
C2	PIKE LIFT CRACR LEG ELEVATED	5	CONTRACT 5 S LIFT RELAX 5 S	2-3	60 s +

MOBILITY & FLEXIBILITY TOOLKIT

PIKE & HEAD TO TOE PHASE ONE

Cheek: touching feet

INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK

Closed fist after rolling bull

		DATE W 49 6 DEC)	DATE	DATE	DATE
ORDER	EXERCISE	1	2	3	4
		REPS WEIGHT MEASUREMENT	REPS WEIGHT MEASUREMENT	REPS WEIGHT MEASUREMENT	REPS WEIGHT MEASUREMENT
A1	ROLLING FEET	SET 2			
A2	CALF STRETCH SINGLE LEG STANDING	on chair up right 2x90s per side			
B1	SCIATIC NERVE ANKLE JOINT FLOSS	grep X 8 rep			
C 1	PIKE BLOCK CRUSH LEG ELEVATED	3x10s 3x10s			
C2	PIKE LIFT CRACR LEG ELEVATED	5x5+5 (choir) 5x5+5s (chair+1 blac)			



PIKE & HEAD TO TOE PHASE ONE

		DATE	DATE		DATE			DATE			DATE		
ORDER	EXERCISE		5	5		6	5		7	,		8	3
		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



ORDER	EXERCISE	REPS	ТЕМРО	SETS	REST
			HOW TO USE Y	OUR PROGRAM	
A1	DONKEY CALF STRETCH SINGLE LEG	90 s	-	2-3	AS NEEDED
A2	YOUR PIGEON VARIATION	30 s	-	2-3	60 s +
B1	SCIATIC NERVE KNEE JOINT FLOSS	8	3131	2-3	60 s +
C1	PIKE BLOCK CRUSH STANDING	8	3s LIFT 3s REST 3s LIFT 3s REST	2-3	90 s +
D1	PIKE ACTIVE LIFTS SEATED	8	3s LIFT 3s REST 3s LIFT 3s REST	2-3	90 s +



PIKE & HEAD TO TOE PHASE TWO

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



PIKE & HEAD TO TOE PHASE TWO

		D	DATE			DATE			DATE			DATE		
				_		DAIL	_		DAIL	_		DATE	_	
ORDER	EXERCISE			5			E	5		7	7		8	
		RE	PS WEIG	HT MEASUR	REMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT
	DONKEY CALF STRETCH	SE	1											
A1	SINGLE LEG	SE	72											
		SE	13											
	C													
A2	YOUR PIGEON VARIATION													
	SCIATIC NERVE													
B1	KNEE JOINT FLOSS													
	PIKE BLOCK CRUSH													
C1	STANDING													
	PIKE ACTIVE LIFTS													
D1	SEATED													
	02/11/22													



PIKE & HEAD TO TOE PHASE THREE

INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK



Dumbbells or Weights

Blocks or Supports

ORDER	EXERCISE	REPS	ТЕМРО	SETS	REST
			HOW TO USE Y	OUR PROGRAM	
A1	KNEE EXTENSION CALF STRETCH SINGLE LEG	8	3 s	2-3	60 s +
B1	SCIATIC NERVE ANKLE JOINT GLIDE	6	3131	2-3	90 s +
C 1	PIKE GOOD MORNING B-STANCE	8	3310	2-3	60 s +
C2	PIKE ACTIVE LIFTS SEATED SINGLE LEG	5	1115	2-3	60 s +



PIKE & HEAD TO TOE PHASE THREE

		DATE			DATE			DATE			DATE		
		27112	-										
ORDER	EXERCISE		1			2	2	3			4		
		2500	WEIGHT	MEAGURENENE	DEDO	WEIGHT	MEAGUREMENT	DED0	WEIGHT	METOUREMENT	DEDO	WEIGHT	MEAGUREMENT
		REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT
	KNEE EXTENSION CALF STRETCH	SET 1											
A1		SET 2											
	SINGLE LEG	SET 3											
	CCIATIC NEDVE												
B1	SCIATIC NERVE												
	ANKLE JOINT GLIDE												
	DIKE GOOD MODNING												
C1	PIKE GOOD MORNING B-STANCE												
	B-STANCE												
	PIKE ACTIVE LIFTS												
C2	SEATED SINGLE LEG												
	SEATED SINGLE LEG												



PIKE & HEAD TO TOE PHASE THREE

		DATE			DATE			DATE			DATE		
ORDER	EXERCISE	5			6			7			8		
		REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT	REPS	WEIGHT	MEASUREMENT
A 1	KNEE EXTENSION CALF STRETCH SINGLE LEG	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												