

# 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	
<b>A</b> 1	ROLLING FEET	90s per side	-	1-2	AS NEEDED
A2	CALF STRETCH SINGLE LEG STANDING	<b>90</b> s	-	2-3	AS NEEDED
B1	SCIATIC NERVE ANKLE JOINT FLOSS	8	3s up 3s down	2-3	<b>60</b> s +
<b>C</b> 1	PIKE BLOCK CRUSH LEG ELEVATED	3	<b>10</b> s	1	<b>60</b> s +
C2	PIKE LIFT CRACR   LEG ELEVATED	5	CONTRACT <b>5</b> S LIFT RELAX <b>5</b> S	2-3	<b>60</b> s +



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		DATE	DATE	DATE	DATE
ORDER	EXERCISE	1	2	3	4
		REPS WEIGHT MEASUREMENT	REPS WEIGHT MEASUREMENT	REPS WEIGHT MEASUREMENT	REPS WEIGHT MEASUREMENT
<b>A1</b>	ROLLING FEET	SET 2 SET 3			
A2	CALF STRETCH SINGLE LEG STANDING	2 x			
<b>B</b> 1	SCIATIC NERVE ANKLE JOINT FLOSS				
<b>C</b> 1	PIKE BLOCK CRUSH LEG ELEVATED				
C2	PIKE LIFT CRACR   LEG ELEVATED	2			



# 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
<b>A1</b>	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	
<b>A1</b>	DONKEY CALF STRETCH SINGLE LEG	<b>90</b> s	-	2-3	AS NEEDED
A2	YOUR PIGEON VARIATION	<b>30</b> s	-	2-3	<b>60</b> s +
B1	SCIATIC NERVE KNEE JOINT FLOSS	8	3131	2-3	<b>60</b> s +
C1	PIKE BLOCK CRUSH STANDING	8	3s LIFT 3s REST 3s LIFT 3s REST	2-3	<b>90</b> s +
D1	PIKE ACTIVE LIFTS SEATED	8	3s LIFT 3s REST 3s LIFT 3s REST	2-3	<b>90</b> s +



# PIKE & HEAD TO TOE PHASE TWO

		DAT	DATE					DATE			DATE			
ORDER	EXERCISE	Ü		1		2	2		3	3		4	ı	
		REPS	WEIGHT	MEASUREMENT										
<b>A</b> 1	DONKEY CALF STRETCH SINGLE LEG	SET:	2											
A2	YOUR PIGEON VARIATION													
B1	SCIATIC NERVE KNEE JOINT FLOSS													
<b>C</b> 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											
<b>A1</b>	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	
<b>A1</b>	KNEE EXTENSION CALF STRETCH SINGLE LEG	8	<b>3</b> s	2-3	<b>60</b> s +
B1	SCIATIC NERVE ANKLE JOINT GLIDE	6	3131	2-3	<b>90</b> s +
<b>C</b> 1	PIKE GOOD MORNING B-STANCE	8	3310	2-3	<b>60</b> s +
C2	PIKE ACTIVE LIFTS SEATED   SINGLE LEG	5	1115	2-3	<b>60</b> s +



# PIKE & HEAD TO TOE PHASE THREE

		DATE			DATE			DATE			DATE		
		27112	-										
ORDER	EXERCISE		1		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											
<b>A1</b>		SET 2											
	SINGLE LEG	SET 3											
	CCIATIC NEDVE												
<b>B1</b>	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
<b>A</b> 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												