

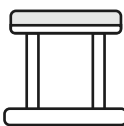


# PIKE & HEAD TO TOE PHASE ONE

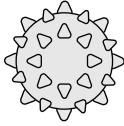
INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK



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

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



# PIKE & HEAD TO TOE PHASE ONE

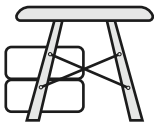
INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK

		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	3 1 3 1 ^ - v -	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

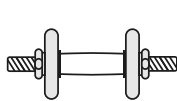
INDIVIDUALISED PROGRAM | 1-2 TIMES PER WEEK

		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	▶													

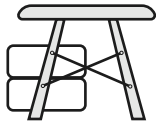


# PIKE & HEAD TO TOE PHASE THREE

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												