## **Exercise**

	1	2	3	4	5	6	7	8	9	<b>10</b>	11	12	<b>13</b>	14	15	16	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	22	23	24	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	31
Calves (20 x 5s)																															
Hamstrings $(20 \times 5s)$																															
HIP ABDUCTION (4 x 10)																															
KNEE FLEX EXTENSION (4 x 10)																															
Ankle Eversion (3 x 10)																															
Ankle Dorisification (3 $\times$ 10)																															
																	·														
Squats (3 x 10)																															