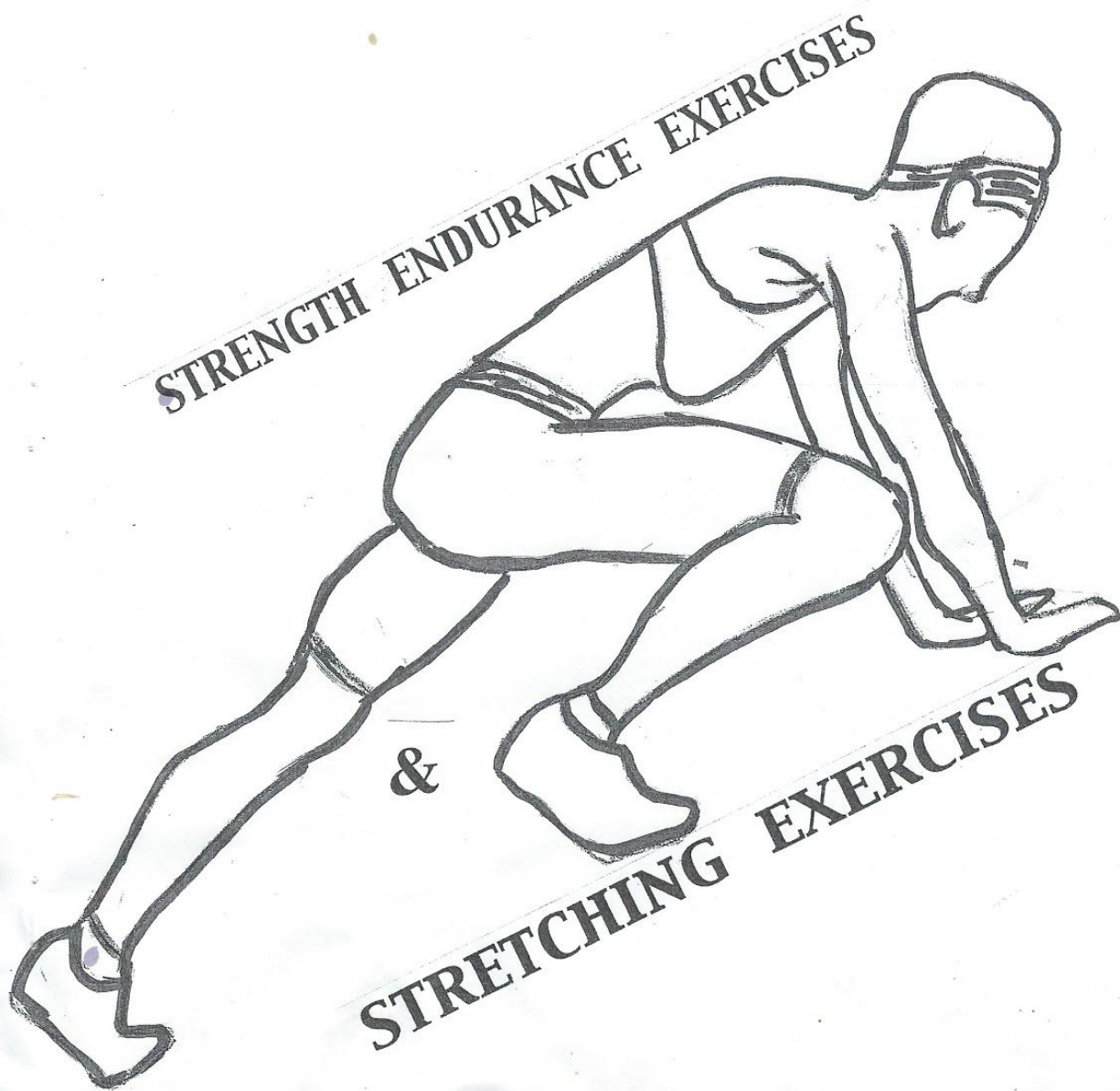


ARRANGE BY COACH

CONRAD WILLIAMS

ANATOMY OF EXERCISE



STRENGTH ENDURANCE EERCISES

BASIC 5

- | | |
|--------------------------------|------------------------------|
| (1) HIP DROP | 10 TO 15 REPS ON EACH SIDE |
| (2) SIDE LYING CLAM | 10 REPS EACH SIDE |
| (3) LUNGE | 10 TO 15 REPS EACH LEG |
| (4) SIDE LYING HIP ABDUCTION | 10 TO 15 REPS EACH SIDE |
| (5) CONCENTRATED HIP EXTENSION | 10 TO 15 TO 20 REPS EACH LEG |

NEXT SET

- | | |
|---------------------|---|
| (1) PUSH UP | 10 REPS |
| (2) SIDE PLANK | START WITH 10 - 15 SEC MAX 60 SEC EACH SIDE |
| (3) TRICEP DEPS | 10 TO 15 REPS |
| (4) CALF RAISE | 15 TO 20 REPS |
| (5) FACE DOWN PLANK | START WITH 10 - 15 SEC MAX 60 SEC EACH SIDE |
| (6) FIRE HYDRANT | 10 TO 15 REPS EACH SIDE |

STATIC STRATCHING

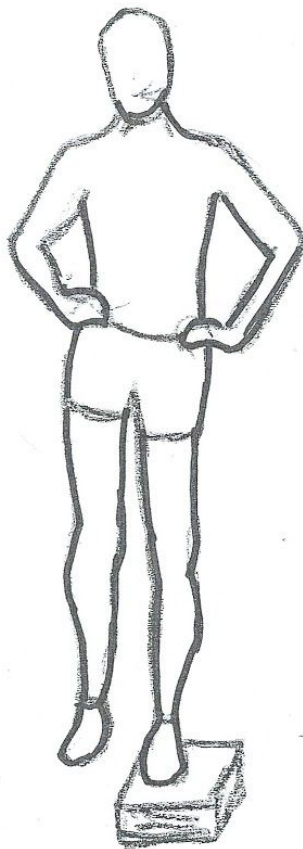
NOTE; THESE EXERCISE SHOULD BE DONE AT THE END OF WORKOUT

- (1) SPECIAL HAMSTRING EXERCISE (LYING ON YOUR BACK) 3 — 4 SETS
OF 5 TO 10 SEC HOLD

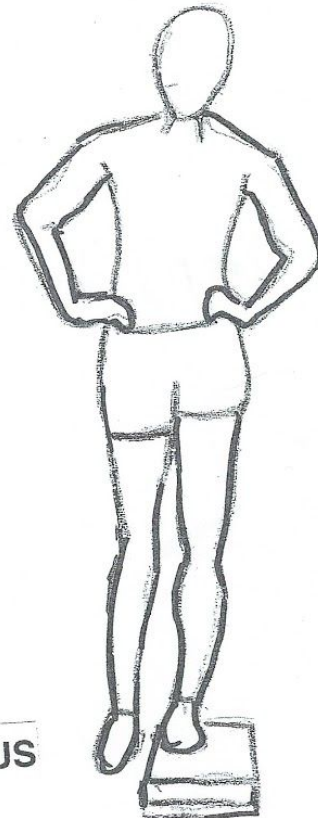
NOTE; DO THIS EXERCISE EVERYDAY

- | | |
|-----------------------------|---------------------------------------|
| (2) QUADRICEP | 10 SEC HOLD |
| (3) I T B (LLIOTBIAL) | 10 TO 15 SEC HOLD |
| (4) PELVIC SCOOP | 5 TO 10 SEC HOLD |
| (5) HAMSTRING (BEND OVER) | 10 TO 15 SEC HOLD |
| (6) LUMBER | 3 SETS 10 TO 15 SEC HOLD ON EACH SIDE |

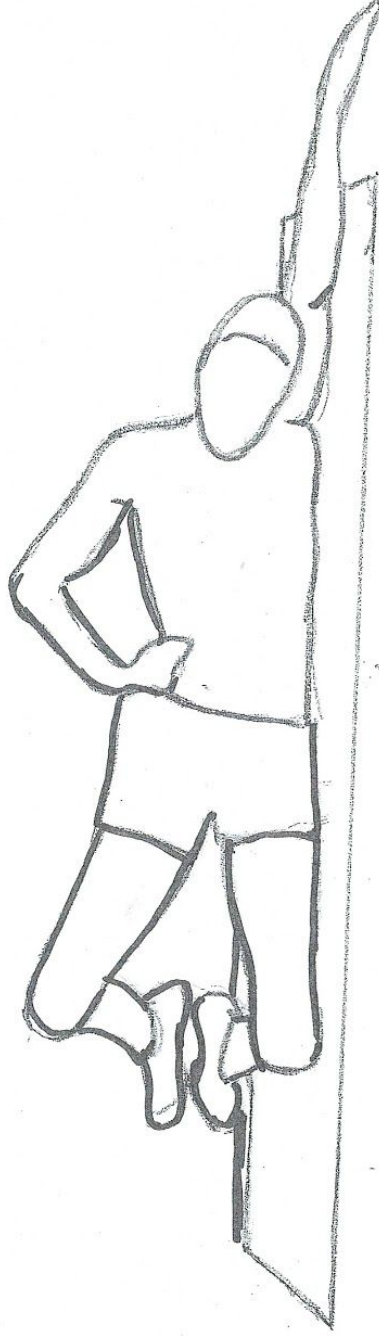
HIP DRIP



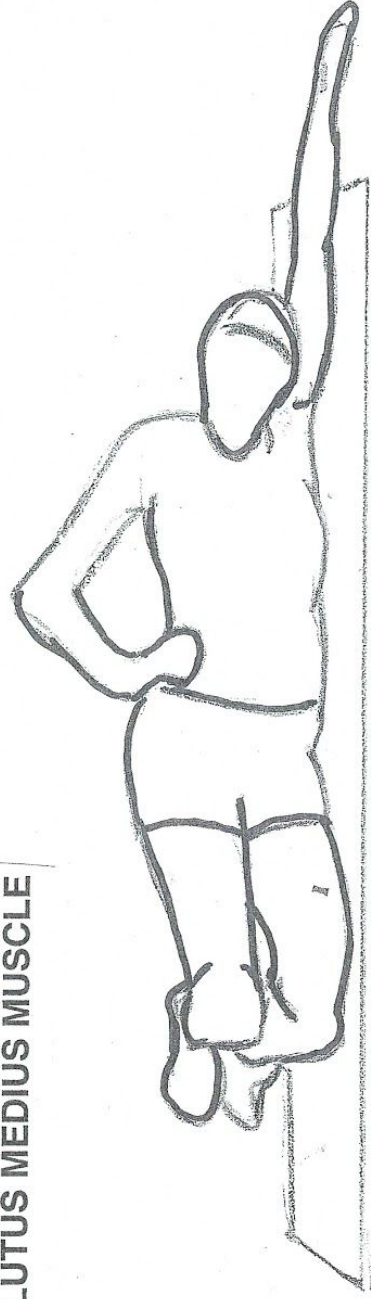
GLUTUS MEDIUS
MUSCLE



SIDE LYING CLAM

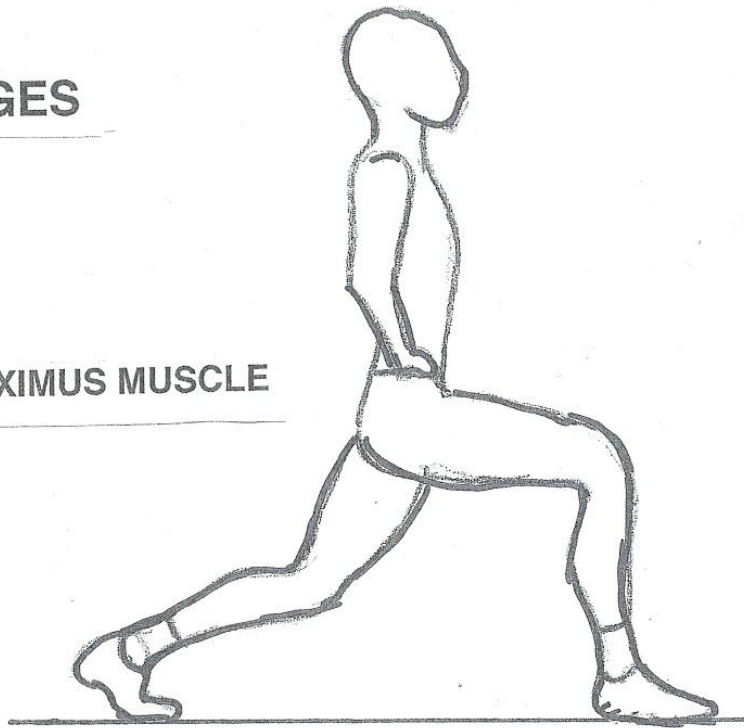


GLUTUS MEDIUS MUSCLE

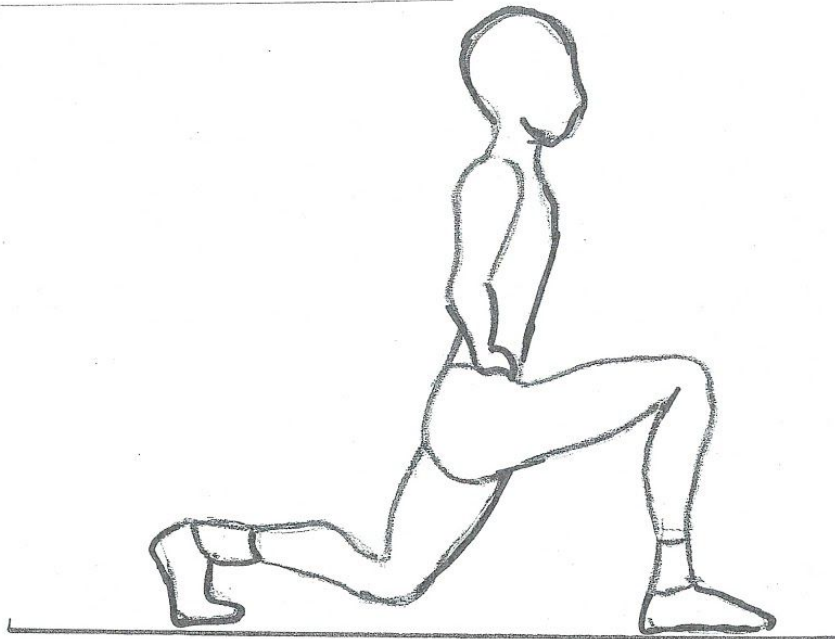


LUNGES

GLUTEUS MAXIMUS MUSCLE



QUADRICEPS FEMORIS MUSCLE

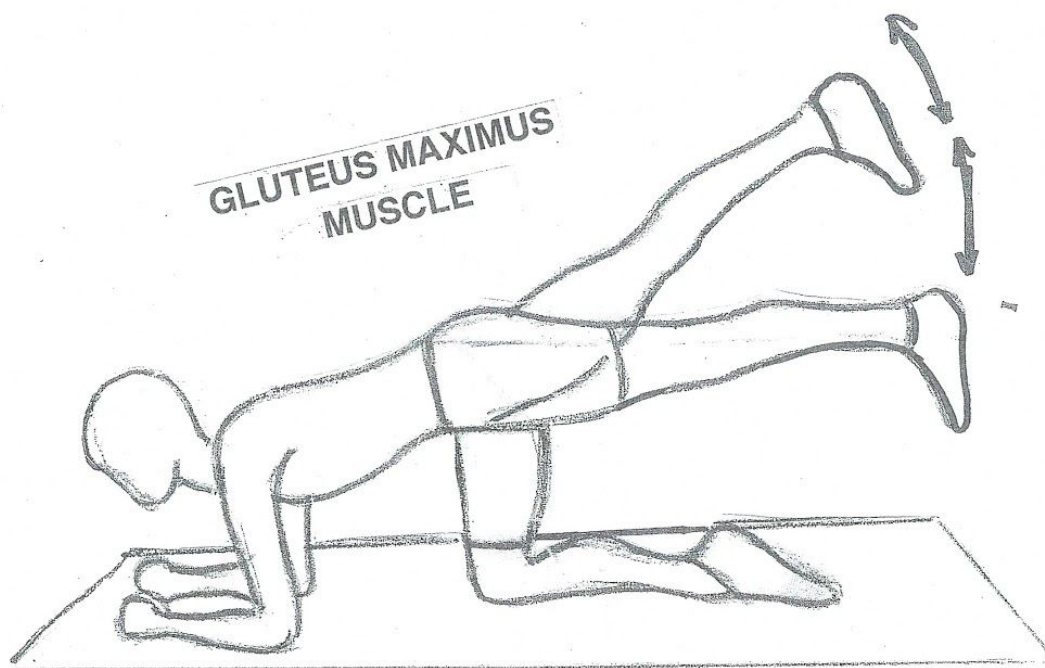


HIP FLXERS
MUSCLE

GLUTEUS MAXIMUS
MUSCLE

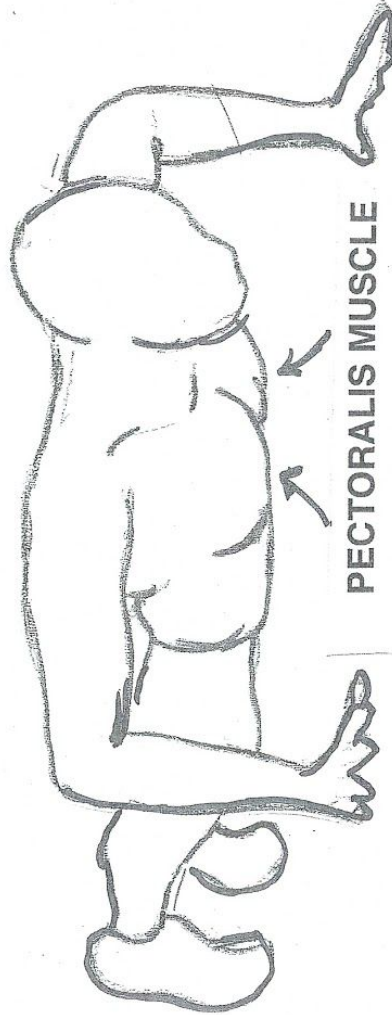
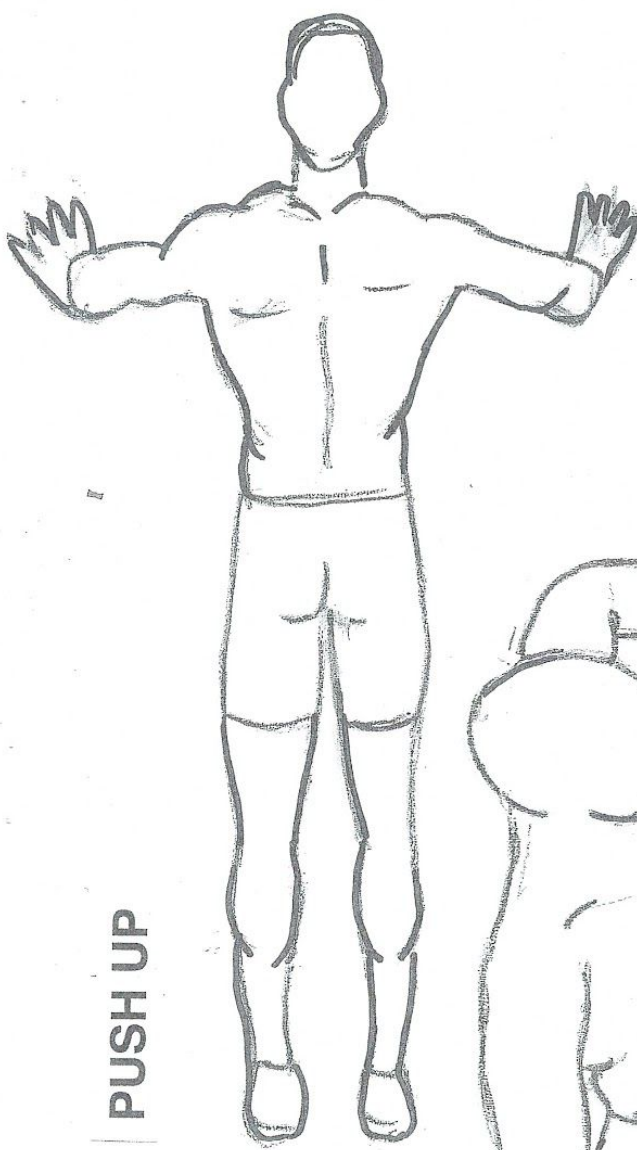


SIDE LYING HIP ABDUCTION

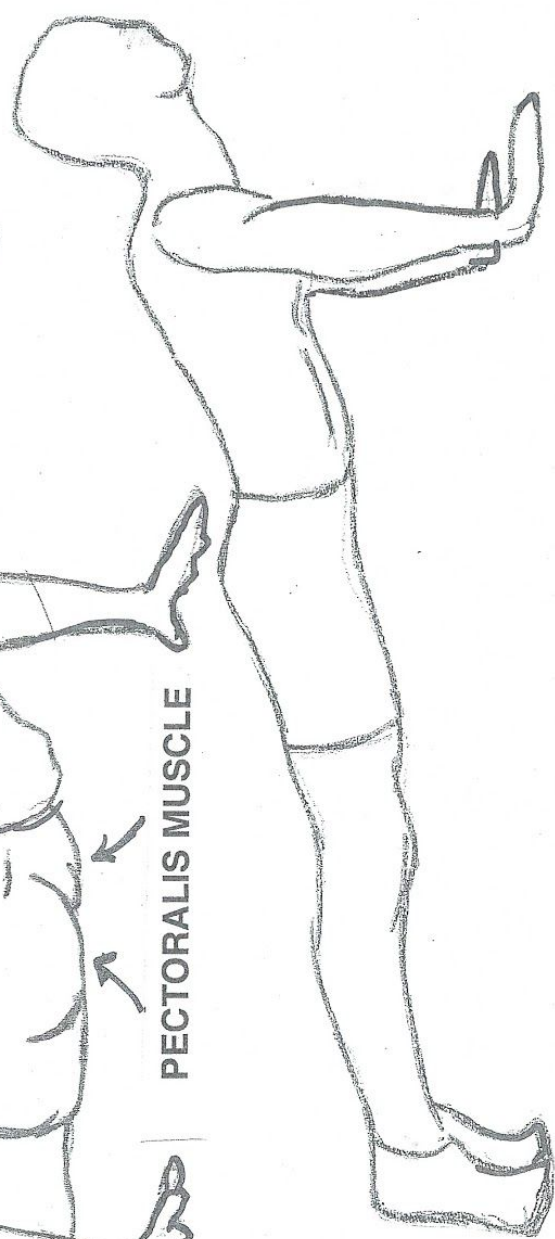


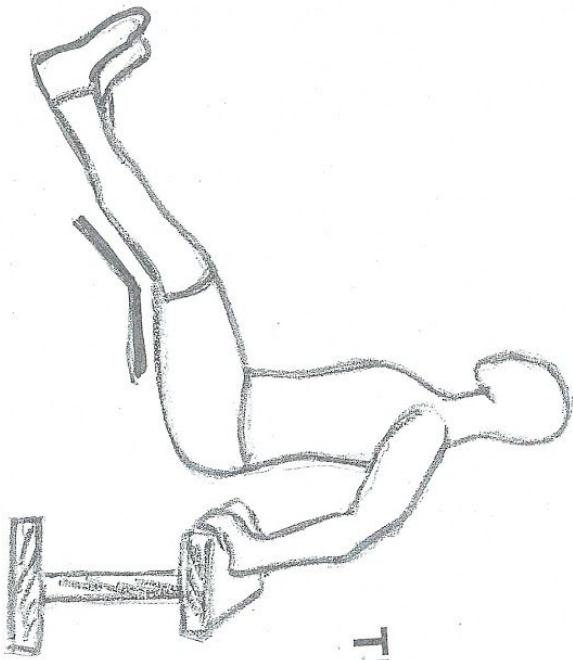
CONCENTRATED HIP EXTENSION

PUSH UP

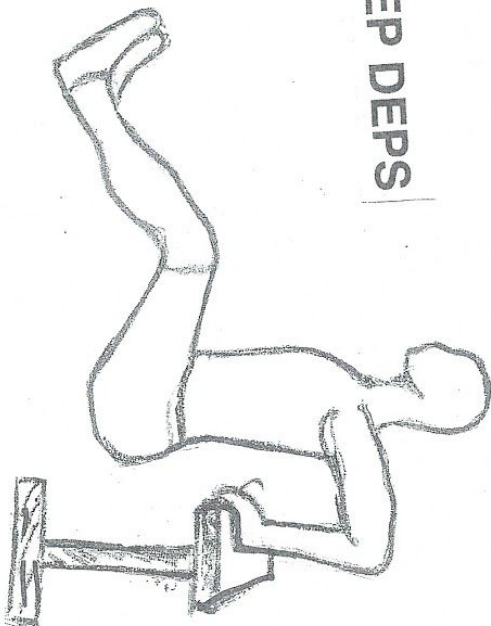


PECTORALIS MUSCLE





TRICEP DEPS



TRICEP BRACHII
MUSCLE

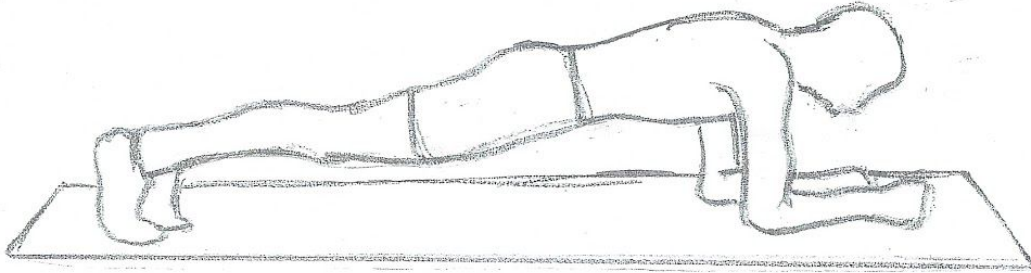


The diagram consists of two line drawings of a human figure from the waist down, standing on a horizontal line representing the ground. The figure on the left is in a standing position with the heel slightly lifted. The figure on the right is in a calf raise position, with the heel fully lifted and the body rising onto the balls of the feet. The muscles of the calf are highlighted with shaded areas. A label 'GASTROCNEMIUS MUSCLE' points to the upper calf muscle of the left figure, and a label 'SOLEUS MUSCLE' points to the lower calf muscle of the right figure.

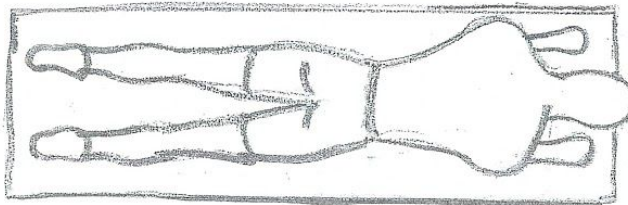
**GASTROCNEMIUS
MUSCLE**

SOLEUS MUSCLE

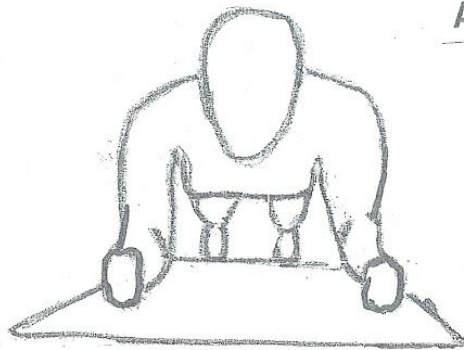
CALF RAISE



RECTU ABDOMINIS
MUSCLE

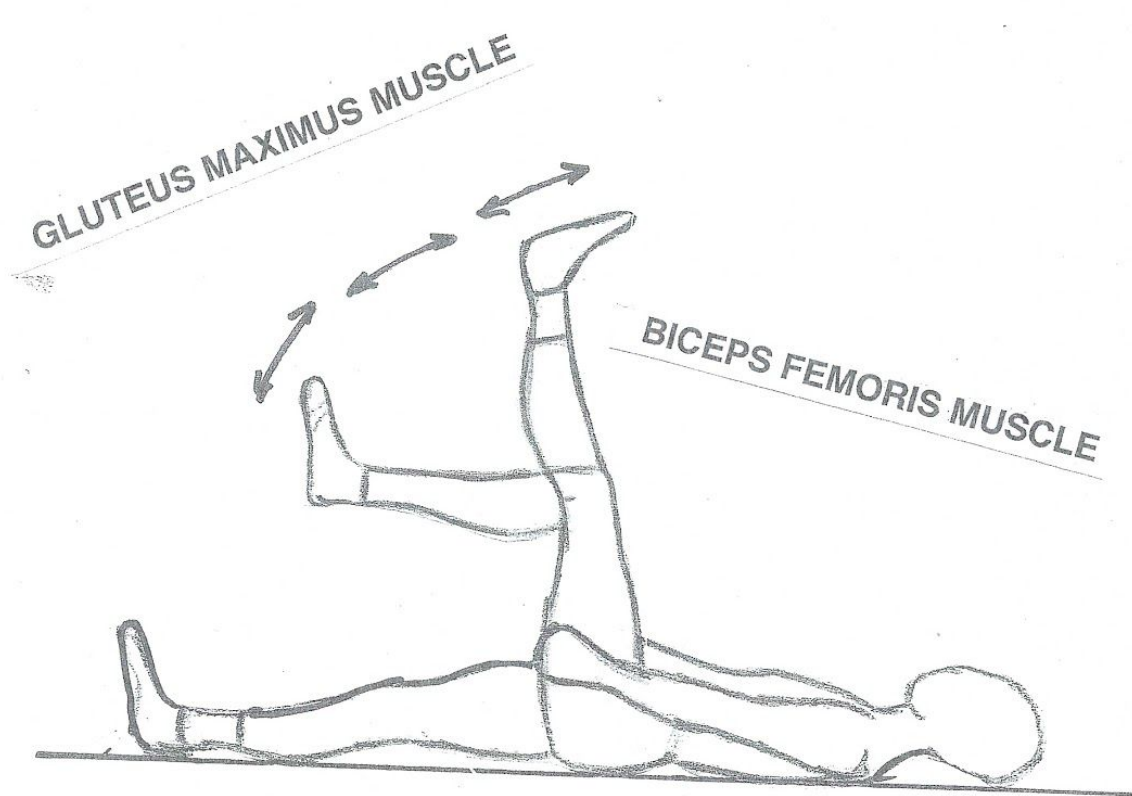


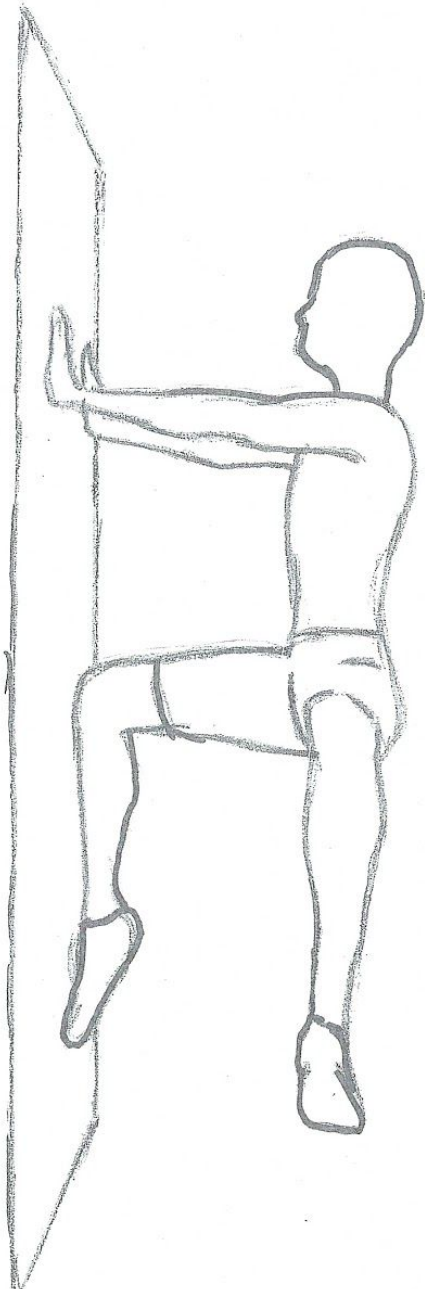
ABDOMINAL OBLIQUE
MUSCLE



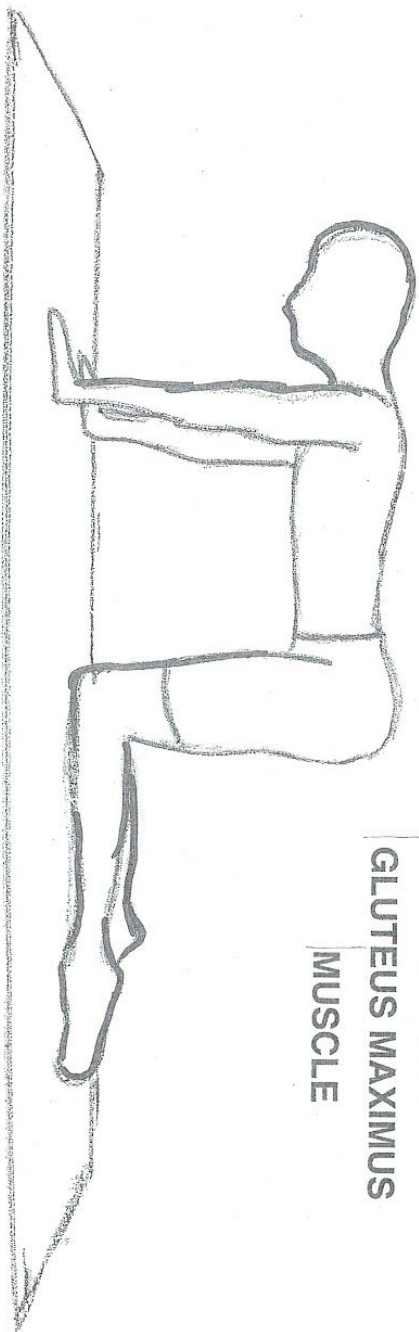
FACE DOWN PLANK

HAMSTRING (LYING ON YOUR BACK)





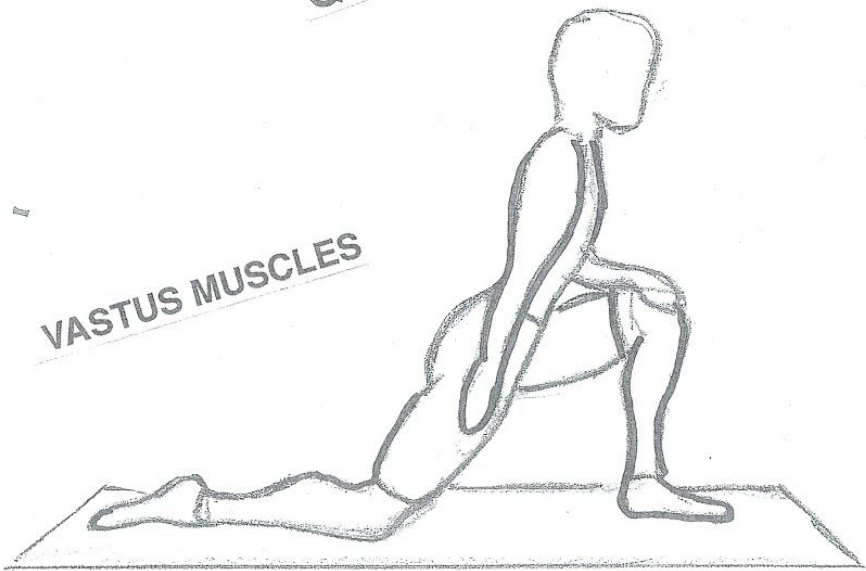
GLUTEUS MAXIMUS
MUSCLE



FIRE HYDRANT

QUADRICEPS

VASTUS MUSCLES



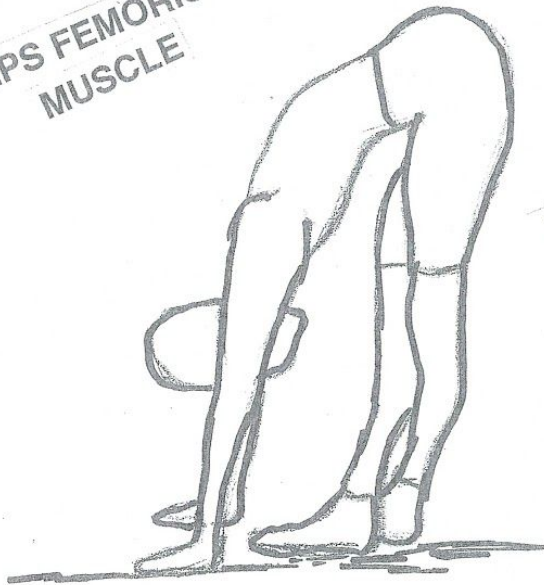
**RECTUS FEMORIS
MUSCLE**

(ITB)

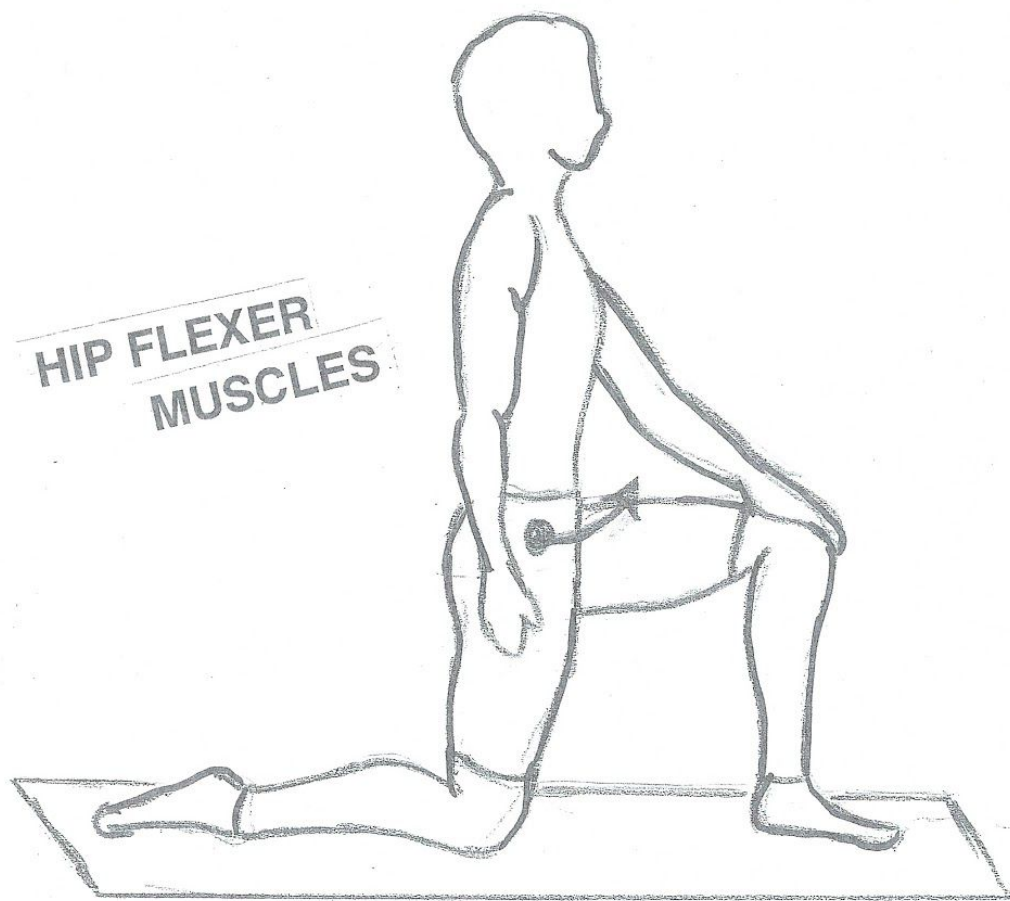
BICEPS FEMORIS
MUSCLE

GLUTEUS MAXIMUS
MUSCLE

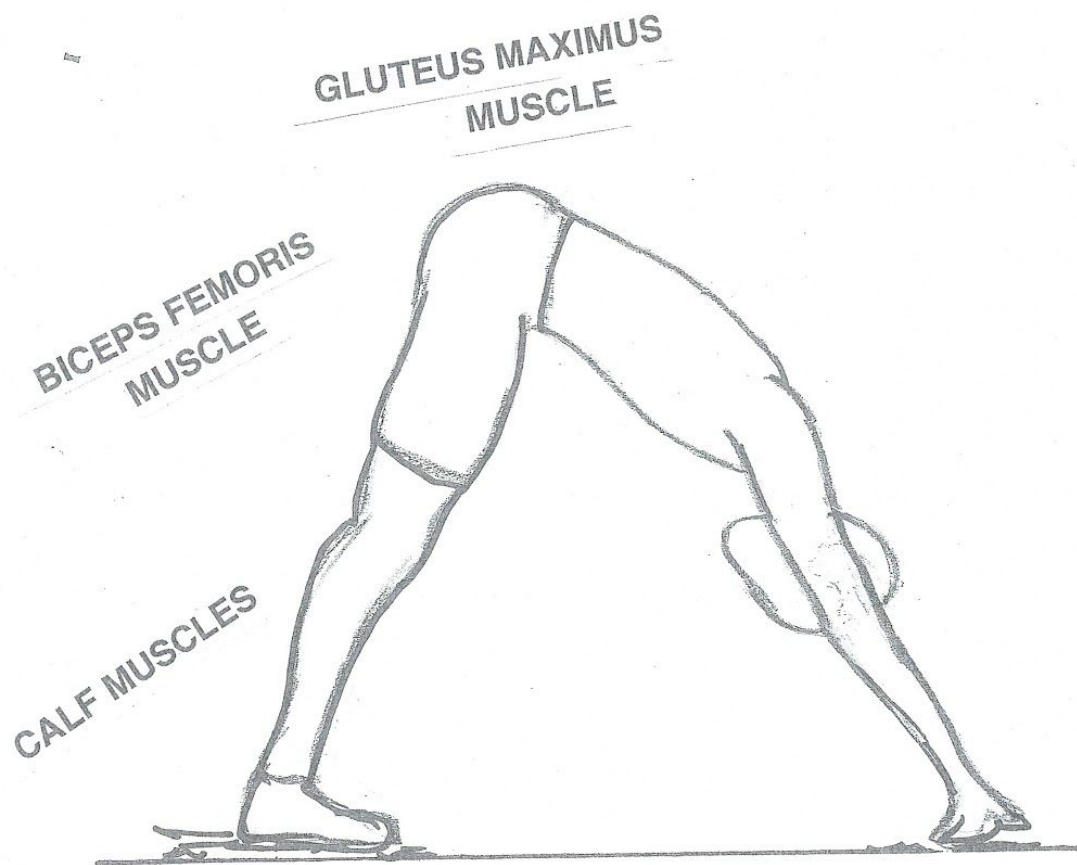
ILOTIBIAL BAND



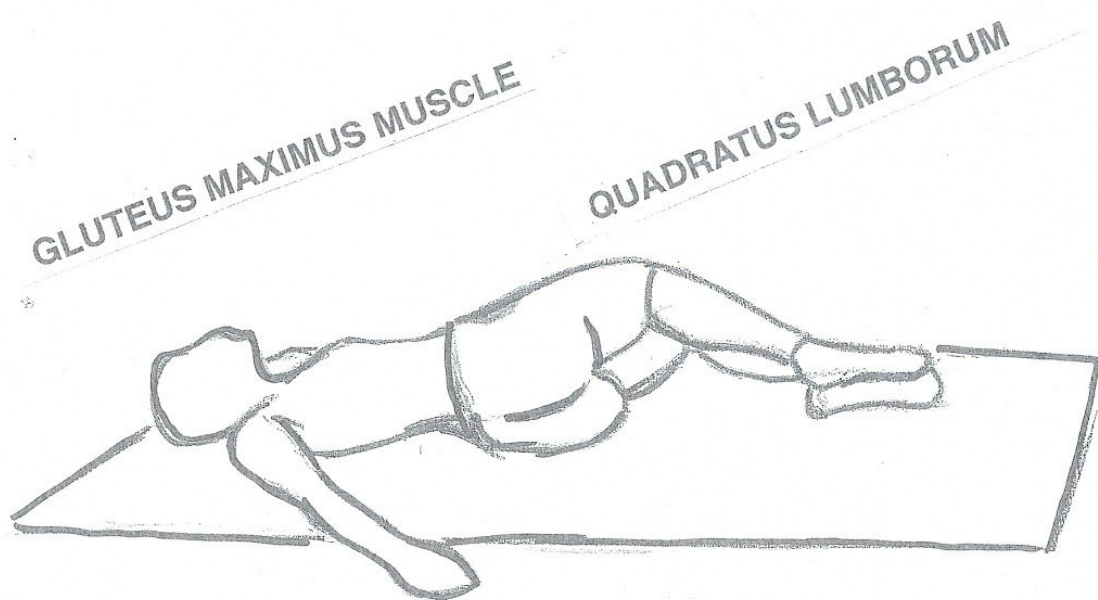
PELVIC SCOOP



HAMSTRING (BEND OVER)



LUMBER



GLUTEUS MAXIMUS MUSCLE

QUADRATUS LUMBORUM

ILOTIBIAL BAND

