



# **Progressive Core Exercise Training For Swimming**

**QAS Strength & Conditioning Unit**

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&  
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**2008**

## Structure of QLD Swimming Athletes

Queensland swimming has structured athletes into squads based on swimming performance criteria.

### Flippers

(Junior/Youth)

National aged medalist

### Silver

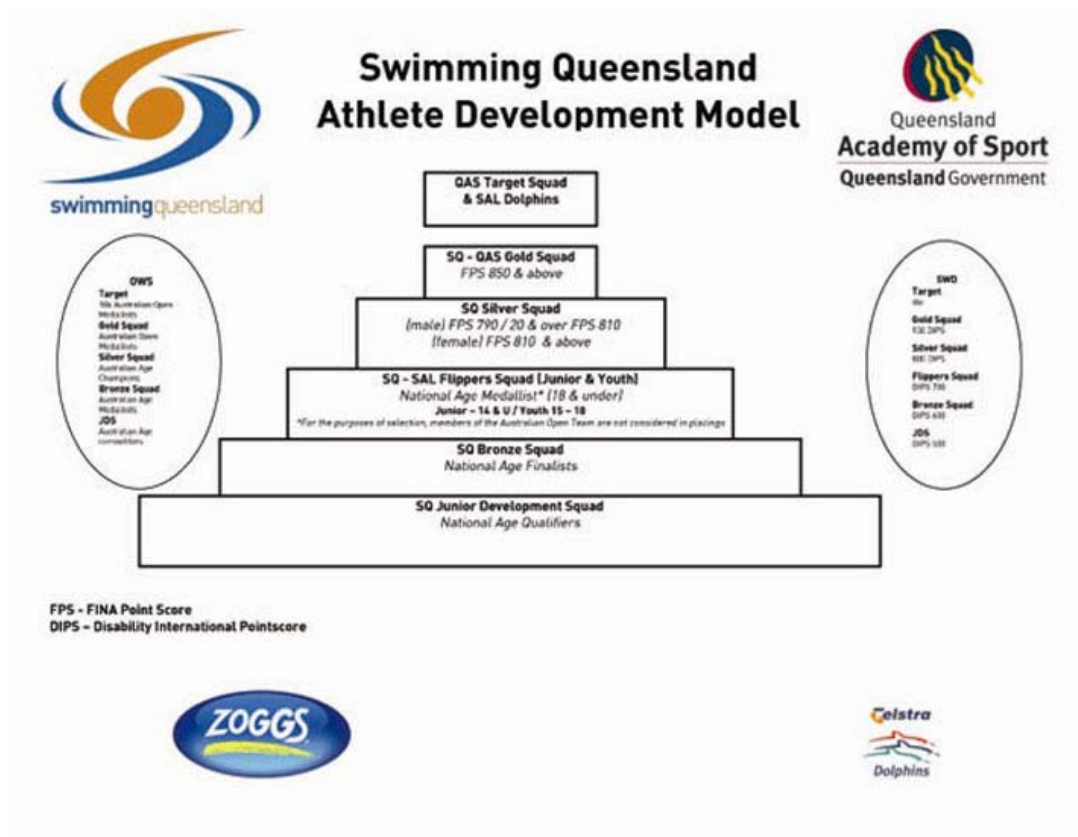
Male - F.P.S >790 points

Female - F.P.S >810 points

### Gold

F.P.S >850 points

\* F.P.S - FINA points system



## Selection Criteria

2008 SQ - QAS Squad Selection Times

Male				Female			
TARGET	GOLD	SILVER (20&O)	SILVER (U/20)	EVENT	SILVER	GOLD	TARGET
22.62	0:23.10	0:23.47	0:23.67	50 FS	0:26.40	0:25.98	24.98
50.10	0:50.99	0:51.82	0:52.25	100 FS	0:57.95	0:57.02	55.70
1:49.55	1:51.85	1:53.67	1:54.62	200 FS	2:05.87	2:03.86	1:59.72
3:51.94	3:56.83	4:00.67	4:02.68	400 FS	4:23.56	4:19.36	4:10.25
				800 FS	8:58.46	8:49.87	8:37.72
15:25.39	15:38.54	15:53.75	16:01.74	1500 FS			
				50 BK			
55.31	0:56.94	0:57.86	0:58.35	100 BK	1:04.69	1:03.65	1:01.41
2:00.89	2:03.20	2:05.20	2:06.25	200 BK	2:17.77	2:15.57	2:12.71
				50 BRS			
1:02.08	1:03.52	1:04.55	1:05.09	100 BRS	1:11.91	1:10.76	1:08.12
2:15.10	2:17.51	2:19.74	2:20.91	200 BRS	2:34.34	2:31.88	2:29.39
				50 BF			
53.26	0:54.62	0:55.50	0:55.97	100 BF	1:01.85	1:00.87	58.48
1:59.02	2:01.57	2:03.54	2:04.57	200 BF	2:15.85	2:13.68	2:09.21
2:03.81	2:05.38	2:07.41	2:08.48	200 IM	2:21.03	2:18.78	2:14.59
4:23.13	4:26.27	4:30.58	4:32.85	400 IM	4:55.95	4:51.23	4:48.04
	850 FPS	810 FPS	790 FPS		810 FPS	850 FPS	

FPS - FINA Point Score



## QAS Strength & Conditioning Unit Swimming Core Exercise Progression

	Phase 1 - Flippers			Phase 2 - Silver			Phase 3 - Gold		
<b>SESSION 1</b>	<b>(Movement)</b>			<b>(Movement)</b>			<b>(Movement - Resisted)</b>		
<b>Exercise streams</b>	Small Movements	Small Movements	Small Movements	Small Movements	Large Movements	Multiple Movements	Small Movements (1-2kg Ankle Wgt)	Large Movements (1-2kg Ankle Wgt)	Multiple Movements (1-2kg Ankle Wgt)
Front Bridge	15s	30s	45s	60s	60s	60s	60s	60s	60s
Side Bridge	15s	30s	45s	60s	60s	60s	60s	60s	60s
Back Bridge	15s	30s	45s	60s	60s	60s	60s	60s	60s
Body Awareness <ul style="list-style-type: none"> <li>▪ Front</li> <li>▪ Back</li> <li>▪ Side</li> <li>▪ Gluteus</li> </ul>	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance
Others:	Back Extension emphasis								
<b>SESSION 2</b>	<b>(Static)</b>			<b>(Static)</b>			<b>(Static)</b>		
<b>Exercise streams</b>	Static	Static	Static	Static	Static	Static	Static	Static	Static
Front Bridge	45s	60s	75s	90s	105s	120s	150s	165s	180s
Side Bridge	45s	60s	75s	90s	105s	120s	150s	165s	180s
Back Bridge	45s	60s	75s	90s	105s	120s	150s	165s	180s
Body Awareness <ul style="list-style-type: none"> <li>▪ Front</li> <li>▪ Back</li> <li>▪ Side</li> <li>▪ Gluteus</li> </ul>	Introduction	Intermediate	Intermediate	Advanced	Advanced	Advanced	Maintenance	Maintenance	Maintenance
Others:	Flexion emphasis								
<b>SESSION 3</b>	<b>(Static - Resisted)</b>			<b>(Static - Resisted)</b>			<b>(Static - Resisted)</b>		
<b>Exercise streams</b>	Resisted – 5kg	Resisted – 5kg	Resisted – 5kg	Resisted – 10kg	Resisted – 10kg	Resisted – 10kg	Resisted – 15kg	Resisted – 15kg	Resisted – 15kg
Front Bridge	30s	45s	60s	60s	75s	90s	90s	105s	120s
Side Bridge	30s	45s	60s	60s	75s	90s	90s	105s	120s
Back Bridge	30s	45s	60s	60s	75s	90s	90s	105s	120s
Body Awareness <ul style="list-style-type: none"> <li>▪ Front</li> <li>▪ Back</li> <li>▪ Side</li> <li>▪ Gluteus</li> </ul>	Introduction	Intermediate	Intermediate	Advanced	Advanced	Advanced	Maintenance	Maintenance	Maintenance
Others:	Rotation emphasis								

## 'Flippers' sample program

### Session 1 (Movement)

Exercise Stream	Exercise	Week 1-2	Week 3-4	Week 5-6	Week 7-8
Note: Start with Body awareness					
<b>Back</b>	1a) Spinal shrinking & growing – Knees bent 90°	2x10 (3sec holds)	3x10 (3sec holds)		
	1b) Spinal shrinking & growing – Knees bent 120°			2x10 (3sec holds)	3x10 (3sec holds)
<b>Front</b>	2a) Spinal 'Shrinking' & 'Growing' – Forehead on hand	2x10 (3sec holds)	3x10 (3 sec holds)		
	2b) Spinal 'Shrinking' & 'Growing' – Streamline holds			2x10 (3sec holds)	3x10 (3 sec holds)
<b>Gluteus</b>	4a) Clam shells	2x10 each side (3 sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
	4b) Jane Fonda's	2x10 each side (3sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Front Bridge</b>	8c) Front Bridge (small movements) – leg up & down	2x15sec each side	3x15sec each side		
	8d) Front Bridge (small movements) – in & out	2x15sec each side	3x15sec each side		
	8e) Front Bridge (small movements) – alphabet			2x30sec each side	3x30sec each side
<b>Side Bridge</b>	8c) Side Bridge (small movements) – leg up & down	2x15sec each side	3x15 each side		
	9d) Side Bridge (small movements) – leg forward & back	2x15sec each side	3x15 each side		
	9e) Side Bridge (small movements) – Alphabet			2x30sec each side	3x30sec each side
<b>Back Bridge</b>	10c) Side Bridge (small movements) – leg up & down	2x15sec each side	3x15 each side		
	10d) Side Bridge (small movements) – leg forward & back	2x15sec each side	3x15 each side		
	10e) Side Bridge (small movements) – Alphabet			2x30sec each side	3x30sec each side
<b>Other: Back extension emphasis</b>	5d) Stability Ball back extension	2x30sec holds	3x30sec holds		
	5e) Single leg SB back extension			2x30sec holds	3x30sec holds

## 'Flippers' sample program

### Session 2 (Static)

Exercise Stream	Exercise	Week 1-2	Week 3-4	Week 5-6	Week 7-8
Note: Start with Body awareness					
<b>Back</b>	1f) Back Banana – Spine Extension	2x10 (3sec holds)	2x12 (3sec holds)		
	1g) Back Banana – Spine Extension with knees to chest			2x10 (3sec holds)	2x12 (3sec holds)
<b>Front</b>	2d) Prone hands behind reach back raises	2x10 (5sec holds)	2x12 (5 sec holds)		
	2e) Prone Superman			2x10 (5sec holds)	2x12 (5sec holds)
<b>Side</b>	3a) Side Bridge & Sag	2x10 each side (3 sec holds)	2x12 each side (3sec holds)		
	3b) Side Bridge & Sag – Front Crawl recovery swing			3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Gluteus</b>	4c) Fire Hydrants	2x10 each side (3sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
	4d) Hip raises	2x10 each side (3sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Front Bridge</b>	8a) Front Bridge (Static)	2x45sec	2x45sec	3x45sec	3x45sec
<b>Side Bridge</b>	9a) Side Bridge (Static)	45sec each side	2x45sec each side	2x45sec each side	3x45sec each side
<b>Back Bridge</b>	10a) Back Bridge (Static)	2x45sec	2x45sec	3x45sec	3x45sec
<b>Other: Flexion emphasis</b>	6a) Toe Touches	2x10	2x12	3x10	3x12
	6d) Stability Ball Jack Knives	2x10	2x12	3x10	3x12

## 'Flippers' sample program

### Session 3 (Resisted)

Exercise Stream	Exercise	Week 1-2	Week 3-4	Week 5-6	Week 7-8
Note: Start with Body awareness					
<b>Back</b>	1a) Spinal shrinking & growing – Knees bent 90°	2x10 (3sec holds)	3x10 (3sec holds)		
	1b) Spinal shrinking & growing – Knees bent 120°			2x10 (3sec holds)	3x10 (3sec holds)
<b>Front</b>	2a) Spinal 'Shrinking' & 'Growing' – Forehead on hand	2x10 (3sec holds)	3x10 (3 sec holds)		
	2e) Prone Superman			2x10 (5sec holds)	2x12 (5sec holds)
<b>Side</b>	3a) Side Bridge & Sag	2x10 each side (3 sec holds)	2x12 each side (3sec holds)		
	3b) Side Bridge & Sag – Front Crawl recovery swing			3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Gluteus</b>	4a) Clam shells	2x10 each side (3 sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
	4d) Hip raises	2x10 each side (3sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Front Bridge</b>	8b) Front Bridge (Resisted)	2x30sec@5kg	2x30sec@5kg	3x30sec@5kg	3x30sec@5kg
<b>Side Bridge</b>	9b) Side Bridge (Resisted)	2x30sec@5kg	2x30sec@5kg	3x30sec@5kg	3x30sec@5kg
<b>Back Bridge</b>	10b) Back Bridge (Resisted)	2x30sec@5kg	2x30sec@5kg	3x30sec@5kg	3x30sec@5kg
<b>Other: Rotation emphasis</b>	7b) Standing Medicine Ball	2x6 each way (2kgMB – red)	2x8 each way (2kg MB – red)	2x6 each way (3kgMB – red)	2x8 each way (3kg MB – red)
	7a) Standing Broomstick	2x6 each way	2x8 each way	2x10 each way	2x12 each way

'Silver' sample program

**Session 1 (Movement)**

Exercise Stream	Exercise	Week 1-2	Week 3-4	Week 5-6	Week 7-8
Note: Start with Body awareness					
<b>Back</b>	1i) Back Banana – arm swings (small movements)	2x10	3x10		
	1j) Back Banana – arm swings (large movements)			2x10	3x10
<b>Front</b>	2c) Fly scapular plane arm swings	2x10	3x10		
	2f) Prone streamline			2x10 (5sec holds)	3x10 (5sec holds)
<b>Gluteus</b>	4a) Clam shells	2x10 each side (3 sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
	4b) Jane Fonda's	2x10 each side (3sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Front Bridge</b>	8h) Front Bridge (Large movements) – Alphabets	2x60sec ½ each leg	3x60sec ½ each leg		
	8i) Front Bridge (Large movements) – leg combinations			2x60sec ½ each leg	3x60sec ½ each leg
<b>Side Bridge</b>	9h) Side Bridge (Large movements) – Alphabets	2x60sec each side	3x60sec each side		
	9i) Side Bridge (Large movements) – leg combinations			2x60sec each side	3x60sec each side
<b>Back Bridge</b>	10h) Back Bridge (Large movements) – Alphabets	2x60sec ½ each leg	3x60sec ½ each leg		
	10i) Back Bridge (Large movements) – Leg combinations			2x60sec ½ each leg	3x60sec ½ each leg
<b>Other: Back extension emphasis</b>	5b) Back extension	2x10@5kg	2x12@5kg		
	5c) Single leg back extension			2x10@5kg	2x12@5kg

'Silver' sample program

**Session 2 (Static)**

Exercise Stream	Exercise	Week 1-2	Week 3-4	Week 5-6	Week 7-8
Note: Start with Body awareness					
<b>Back</b>	1f) Back Banana – Spine Extension	2x10 (3sec holds)	2x12 (3sec holds)		
	1g) Back Banana – Spine Extension with knees to chest			2x10 (3sec holds)	2x12 (3sec holds)
<b>Front</b>	2d) Prone hands behind reach back raises	2x10 (5sec holds)	2x12 (5 sec holds)		
	2e) Prone Superman			2x10 (5sec holds)	2x12 (5sec holds)
<b>Side</b>	3a) Side Bridge & Sag	2x10 each side (3 sec holds)	2x12 each side (3sec holds)		
	3c) Side Bridge & Sag - Arm swing			3x10 each side	3x10 each side
<b>Gluteus</b>	4c) Fire Hydrants	2x10 each side (3sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
	4d) Hip raises	2x10 each side (3sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Front Bridge</b>	8a) Front Bridge (Static)	2x90sec	2x100sec	3x90sec	3x100sec
<b>Side Bridge</b>	9a) Side Bridge (Static)	2x90sec each side	2x100sec each side	3x90sec each side	3x100sec each side
<b>Back Bridge</b>	10a) Back Bridge (Static)	2x90sec	2x100sec	3x90sec	3x100sec
<b>Other: Flexion emphasis</b>	6b) High raises	2x10 (5sec holds)	2x12 (5sec holds)	3x10 (5 sec holds)	3x12 (5sec holds)
	6e) Stability Ball pike ups (knee tucks)	2x10	2x12	3x10	3x12



## 'Silver' sample program

### Session 3 (Resisted)

Exercise Stream	Exercise	Week 1-2	Week 3-4	Week 5-6	Week 7-8
Note: Start with Body awareness					
<b>Back</b>	1d) Spinal shrinking & growing – streamline	2x10 (3sec holds)	3x10 (3sec holds)		
	1c) Spinal shrinking & growing – alternate arm swings			2x10	3x10
<b>Front</b>	2a) Spinal ‘Shrinking’ & ‘Growing’ – Forehead on hand	2x10 (3sec holds)	3x10 (3 sec holds)		
	2e) Spinal ‘Shrinking’ & ‘Growing’ – Streamline holds			2x10 (5sec holds)	2x12 (5sec holds)
<b>Side</b>	3a) Side Bridge & Sag	2x10 each side (3 sec holds)	2x12 each side (3sec holds)		
	3b) Side Bridge & Sag – Front Crawl recovery swing			3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Gluteus</b>	4a) Clam shells	2x10 each side (3 sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
	4d) Hip raises	2x10 each side (3sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Front Bridge</b>	8b) Front Bridge (Resisted)	2x60sec@10g	2x75sec@10kg	2x75sec@10kg	2x90sec@10kg
<b>Side Bridge</b>	9b) Side Bridge (Resisted)	2x60sec@10kg each side	2x75sec@10kg each side	2x75sec@10kg each side	2x90sec@10kg each side
<b>Back Bridge</b>	10b) Back Bridge (Resisted)	2x60sec@10g	2x75sec@10kg	2x75sec@10kg	2x90sec@10kg
<b>Other: Rotation emphasis</b>	7b) Standing Medicine Ball	2x6 each way (3kgMB – green)	2x8 each way (3kg MB – green)	2x6 each way (4kgMB)	2x8 each way (4kg MB)
	7a) Standing Broomstick	2x6 each way	2x8 each way	2x10 each way	2x12 each way

## 'Gold' sample program

### Session 1 (Movement)

Exercise Stream	Exercise	Week 1-2	Week 3-4	Week 5-6	Week 7-8
Note: Start with Body awareness					
<b>Back</b>	1i) Back Banana – arm swings (small movements)	2x10	3x10		
	1j) Back Banana – arm swings (large movements)			2x10	3x10
<b>Front</b>	2c) Fly scapular plane arm swings	2x10	3x10		
	2f) Prone streamline			2x10 (5sec holds)	3x10 (5sec holds)
<b>Gluteus</b>	4a) Clam shells	2x10 each side (3 sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
	4b) Jane Fonda's	2x10 each side (3sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Front Bridge</b>	8h) Front Bridge (Large movements) – Alphabets	2x60sec ½ each leg (1kg ankle weights)	3x60sec ½ each leg (1kg ankle weights)		
	8i) Front Bridge (Large movements) – leg combinations			2x60sec ½ each leg (1kg ankle weights)	3x60sec ½ each leg (1kg ankle weights)
<b>Side Bridge</b>	9h) Side Bridge (Large movements) – Alphabets	2x60sec each side (1kg ankle weights)	3x60sec each side (1kg ankle weights)		
	9i) Side Bridge (Large movements) – leg combinations			2x60sec each side (1kg ankle weights)	3x60sec each side (1kg ankle weights)
<b>Back Bridge</b>	10h) Back Bridge (Large movements) – Alphabets	2x60sec ½ each leg (1kg ankle weights)	3x60sec ½ each leg (1kg ankle weights)		
	10i) Back Bridge (Large movements) – Leg combinations			2x60sec ½ each leg (1kg ankle weights)	3x60sec ½ each leg (1kg ankle weights)
<b>Other: Back extension emphasis</b>	5b) Back extension	2x10@10kg	2x12@10kg		
	5c) Single leg back extension			2x10@10kg each leg	2x12@10kg each leg

'Gold' sample program

**Session 2 (Static)**


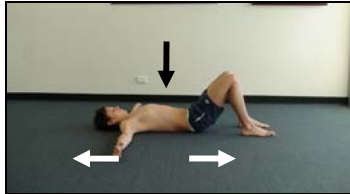
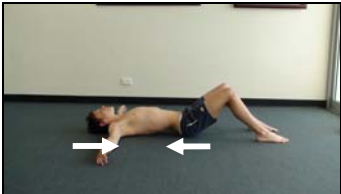
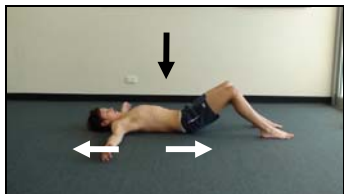

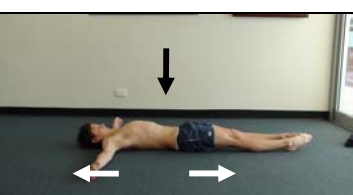
Exercise Stream	Exercise	Week 1-2	Week 3-4	Week 5-6	Week 7-8
Note: Start with Body awareness					
<b>Back</b>	1f) Back Banana – Spine Extension	2x10 (3sec holds)	2x12 (3sec holds)		
	1g) Back Banana – Spine Extension with knees to chest			2x10 (3sec holds)	2x12 (3sec holds)
<b>Front</b>	2d) Prone hands behind reach back raises	2x10 (5sec holds)	2x12 (5 sec holds)		
	2e) Prone Superman			2x10 (5sec holds)	2x12 (5sec holds)
<b>Side</b>	3a) Side Bridge & Sag	2x10 each side (3 sec holds)	2x12 each side (3sec holds)		
	3c) Side Bridge & Sag - Arm swing			3x10 each side	3x10 each side
<b>Gluteus</b>	4c) Fire Hydrants	2x10 each side (3sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
	4d) Hip raises	2x10 each side (3sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Front Bridge</b>	8a) Front Bridge (Static)	2x150sec	2x165sec	2x165sec	2x180sec
<b>Side Bridge</b>	9a) Side Bridge (Static)	2x150sec each side	2x165sec each side	2x165sec each side	2x180sec each side
<b>Back Bridge</b>	10a) Back Bridge (Static)	2x150sec	2x165sec	2x165sec	2x180sec
<b>Other: Flexion emphasis</b>	6b) High raises	2x10 (5sec holds)	2x12 (5sec holds)	3x10 (5 sec holds)	3x12 (5sec holds)
	6f) Stability Ball pike ups	2x10	2x12	3x10	3x12


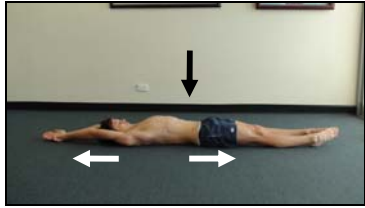

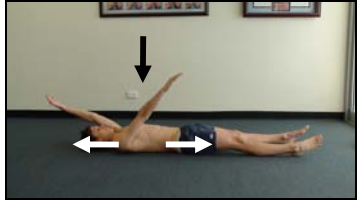

'Gold' sample program


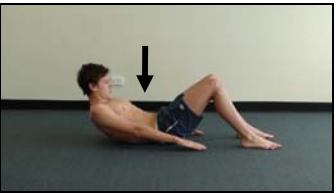




**Session 3 (Resisted)**





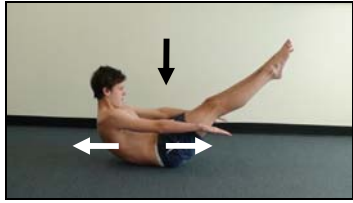

Exercise Stream	Exercise	Week 1-2	Week 3-4	Week 5-6	Week 7-8
Note: Start with Body awareness					
<b>Back</b>	1d) Spinal shrinking & growing – streamline	2x10 (3sec holds)	3x10 (3sec holds)		
	1c) Spinal shrinking & growing – alternate arm swings			2x10	3x10
<b>Front</b>	2a) Spinal ‘Shrinking’ & ‘Growing’ – Forehead on hand	2x10 (3sec holds)	3x10 (3 sec holds)		
	2e) Spinal ‘Shrinking’ & ‘Growing’ – Streamline holds			2x10 (5sec holds)	2x12 (5sec holds)
<b>Side</b>	3a) Side Bridge & Sag	2x10 each side (3 sec holds)	2x12 each side (3sec holds)		
	3b) Side Bridge & Sag – Front Crawl recovery swing			3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Gluteus</b>	4a) Clam shells	2x10 each side (3 sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
	4d) Hip raises	2x10 each side (3sec holds)	2x10 each side (3sec holds)	3x10 each side (3sec holds)	3x10 each side (3sec holds)
<b>Front Bridge</b>	8b) Front Bridge (Resisted)	2x90sec@15kg	2x105sec@15kg	2x105sec@15kg	2x120sec@15kg
<b>Side Bridge</b>	9b) Side Bridge (Resisted)	2x90sec@15kg each side	2x105sec@15kg each side	2x105sec@15kg each side	2x120sec@15kg each side
<b>Back Bridge</b>	10b) Back Bridge (Resisted)	2x90sec@15kg	2x105sec@15kg	2x105sec@15kg	2x120sec@15kg
<b>Other: Rotation emphasis</b>	7b) Standing Medicine Ball	2x6 each way (3kgMB – green)	2x8 each way (3kg MB – green)	2x6 each way (4kgMB)	2x8 each way (4kg MB)
	7a) Standing Broomstick	2x6 each way	2x8 each way	2x10 each way	2x12 each way

## Swimming Core Exercises

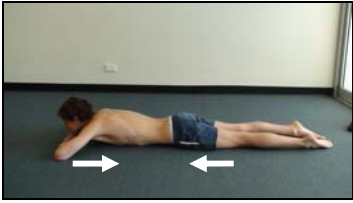
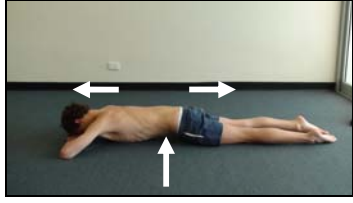

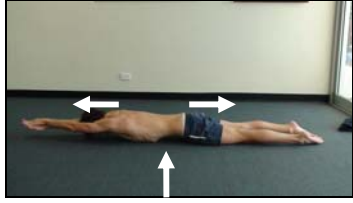

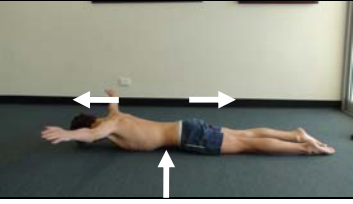
Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
Body Awareness (BACK)	<p>1a) Spinal ‘Shrinking’ &amp; ‘Growing’ – Knees bent 90°</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>‘Shrinking’</p>  </div> <div style="text-align: center;"> <p>‘Growing’</p>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> </ul>	<p>2-3 x 5-10</p> <p><b>Shrinking</b> 2-3 sec holds</p> <p><b>Growing</b> 2-3 sec holds</p> <p>Smooth controlled transitions</p>
	<p>1b) Spinal ‘Shrinking’ &amp; ‘Growing’ – Knees bent 120°</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>‘Shrinking’</p>  </div> <div style="text-align: center;"> <p>‘Growing’</p>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> </ul>	<p>2-3 x 5-10</p> <p><b>Shrinking</b> 2-3 sec holds</p> <p><b>Growing</b> 2-3 sec holds</p> <p>Smooth controlled transitions</p>
	<p>1c) Spinal ‘Shrinking’ &amp; ‘Growing’ – Legs straight</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>‘Shrinking’</p>  </div> <div style="text-align: center;"> <p>‘Growing’</p>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> </ul>	<p>2-3 x 5-10</p> <p><b>Shrinking</b> 2-3 sec holds</p> <p><b>Growing</b> 2-3 sec holds</p> <p>Smooth controlled transitions</p>

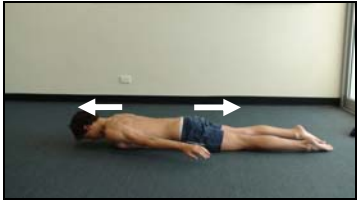
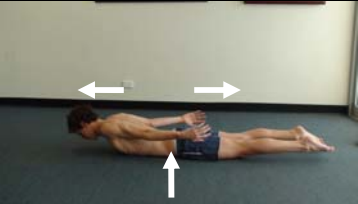

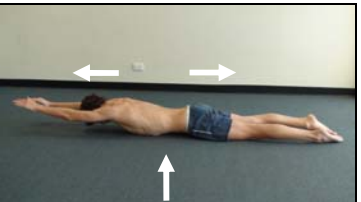
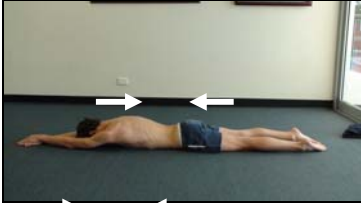
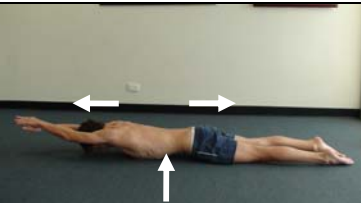
Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Body Awareness (BACK)</b>	<p>1d) Spinal ‘Shrinking’ &amp; ‘Growing’ – Streamline</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="margin-right: 10px;">‘Shrinking’</span>  </div> <div style="display: flex; align-items: center;"> <span style="margin-right: 10px;">‘Growing’</span>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> </ul>	<p>2-3 x 5-10</p> <p><b>Shrinking</b> 2-3 sec holds</p> <p><b>Growing</b> 2-3 sec holds</p> <p>Smooth controlled transitions</p>
	<p>1e) Spinal ‘Shrinking’ &amp; ‘Growing’ – Alternate arm swing</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="margin-right: 10px;">‘Shrinking’</span>  </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="margin-right: 10px;">‘Growing’</span>  </div> <div style="display: flex; align-items: center;"> <span style="margin-right: 10px;">‘Alternate’</span>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> </ul>	<p>2-3 x 5-10 for each arm swing</p> <p><b>Growing</b> Hold for duration of arm swings</p> <p>Smooth controlled alternate arm transitions</p> <p>Add drink bottle in one hand, once proficient</p>





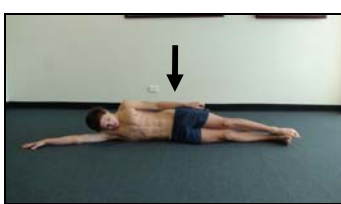

Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Body Awareness (BACK)</b>	<p>1f) Back Banana – Spine Extension</p> <p>‘Start’ </p> <p>‘Extension’ </p>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> <li>▪ Roll spine up from floor</li> </ul>	<p>2-3 x 5-10</p> <p>Smooth controlled transitions</p>
	<p>1g) Back Banana – Spine Extension with knees to chest</p> <p>‘Start’ </p> <p>‘Extension’ </p>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>• Breath through belly</li> <li>• Roll spine up from floor</li> <li>• Use lower abdominal to lift legs</li> </ul>	<p>2-3 x 5-10</p> <p>Smooth controlled transitions</p>
	<p>1h) Back Banana – Spine Extension with Knee extension</p> <p>‘Start’ </p> <p>‘Extension’ </p>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>• Neck long</li> <li>• Breath through belly</li> <li>• Roll spine up from floor</li> <li>• Use lower abdominal to lift legs</li> <li>• Point toes</li> </ul>	<p>2-3 x 5-10</p> <p>Smooth controlled transitions</p>





Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Body Awareness (BACK)</b>	<p>1i) Back Banana – arm swings (small movements)</p> <p>‘Start’</p>  <p>‘Extension’</p>  <p>‘Alternate’</p> 	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> </ul>	<p>2-3 x 5-10 for each arm swing</p> <p>Smooth controlled alternate arm transitions</p> <p>Add drink bottle in one hand, once proficient</p>
	<p>1j) Back Banana – arms swings (large movements)</p> <p>‘Shrinking’</p>  <p>‘Growing’</p>  <p>‘Alternate’</p> 	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> </ul>	<p>2-3 x 5-10 for each arm swing</p> <p>Smooth controlled alternate arm transitions</p> <p>Add drink bottle in one hand, once proficient</p>












Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Body Awareness (FRONT)</b>	<p>2a) Spinal ‘Shrinking’ &amp; ‘Growing’ – Forehead on hand</p> <p>‘Shrinking’ </p> <p>‘Growing’ </p>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> <li>▪ Sternum to floor</li> </ul>	<p>2-3 x 5-10</p> <p><b>Shrinking</b> 2-3 sec holds</p> <p><b>Growing</b> 2-3 sec holds</p> <p>Smooth controlled transitions</p>
	<p>2b) Spinal ‘Shrinking’ &amp; ‘Growing’ – Streamline holds</p> <p>‘Shrinking’ </p> <p>‘Growing’ </p>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> <li>▪ Sternum to floor</li> <li>▪ Set scapular</li> </ul>	<p>2-3 x 5-10</p> <p><b>Shrinking</b> 2-3 sec holds</p> <p><b>Growing</b> 2-3 sec holds</p> <p>Smooth controlled transitions</p>
	<p>2c) Fly scapular plane arm swings</p> <p>‘Shrinking’ </p> <p>‘Growing’ </p>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> <li>▪ Sternum to floor</li> <li>▪ Set scapular</li> <li>▪ Streamline finish</li> </ul>	<p>2-3 x 5-10</p> <p><b>Growing</b> Hold for duration of arm swings</p> <p>Smooth controlled transitions</p>



Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Body Awareness (FRONT)</b>	<p>2d) Prone Hands behind reach back raises</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="margin-right: 10px;">‘Growing’</span>  </div> <div style="display: flex; align-items: center;"> <span style="margin-right: 10px;">‘Raises’</span>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> <li>▪ Set scapular</li> <li>▪ Pull arms to feet</li> </ul>	<p>2-3 x 5-10</p> <p><b>Growing</b> 2-3 sec holds</p> <p><b>Raises</b> 5 sec holds</p> <p>Smooth controlled transitions</p>
	<p>2e) Prone superman</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="margin-right: 10px;">‘Shrinking’</span>  </div> <div style="display: flex; align-items: center;"> <span style="margin-right: 10px;">‘Growing’</span>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> <li>▪ Sternum to floor</li> <li>▪ Set scapular</li> </ul>	<p>2-3 x 5-10</p> <p><b>Shrinking</b> 2-3 sec holds</p> <p><b>Raises</b> 5 sec holds</p> <p>Smooth controlled transitions</p>
	<p>2f) Prone streamline</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="margin-right: 10px;">‘Shrinking’</span>  </div> <div style="display: flex; align-items: center;"> <span style="margin-right: 10px;">‘Growing’</span>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Hips &amp; Legs relaxed</li> <li>▪ Grow Spine by;</li> <li>▪ Belly button to Spine</li> <li>▪ Neck long</li> <li>▪ Breath through belly</li> <li>▪ Sternum to floor</li> <li>▪ Set scapular</li> <li>▪ Hands together</li> </ul>	<p>2-3 x 5-10</p> <p><b>Shrinking</b> 2-3 sec holds</p> <p><b>Raises</b> 5 sec holds</p> <p>Smooth controlled transitions</p>






Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Body Awareness (SIDE)</b>	<p>3a) Side Bridge and sag</p> <p>'Sag'</p>  <p>'Side Bridge'</p> 	<ul style="list-style-type: none"> <li>▪ Muscles relaxed</li> <li>▪ Bridge from hips to armpits</li> <li>▪ Breath through belly</li> </ul>	<p>2-3 x 5-10</p> <p><b>Sag</b> 2-3 sec holds</p> <p><b>Bridging</b> 2-3 sec holds</p> <p>Smooth controlled transitions</p>
	<p>3b) Side Bridge and sag – Front crawl recovery swing</p> <p>'Side Bridge'</p>  <p>'recovery swing'</p> 	<ul style="list-style-type: none"> <li>▪ Muscles relaxed</li> <li>▪ Bridge from hips to armpits</li> <li>▪ Breath through belly</li> <li>▪ Rotate belly of bicep to the ceiling</li> </ul>	<p>2-3 x 5-10</p> <p><b>Bridging</b> Reset for each repetition</p> <p>Smooth controlled transitions</p>
	<p>3c) Side Bridge and sag – Arm Swing</p> <p>'Side Bridge'</p>  <p>'Arm swing'</p> 	<ul style="list-style-type: none"> <li>▪ Muscles relaxed</li> <li>▪ Bridge from hips to armpits</li> <li>▪ Breath through belly</li> <li>▪ Rotate belly of bicep to the ceiling</li> <li>▪ Extend arm forward of body</li> </ul>	<p>2-3 x 5-10</p> <p><b>Bridging</b> Reset for each repetition</p> <p>Smooth controlled transitions</p>

Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Body Awareness (Gluteus)</b>	<p>4a) Clam shells</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span data-bbox="284 589 424 618">'Start/Finish'</span>  </div> <div style="display: flex; align-items: center;"> <span data-bbox="284 902 408 931">'Mid-point'</span>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Activate movement with gluteus</li> <li>▪ Hand on gluteus – biofeedback</li> <li>▪ Control speed/tempo up and down (2-2-2)</li> </ul>	<p style="text-align: center;">2-3 x 5-10</p> <p style="text-align: center;">Smooth controlled transitions</p>
	<p>4b) Jane Fonda's</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span data-bbox="284 1294 424 1323">'Start/Finish'</span>  </div> <div style="display: flex; align-items: center;"> <span data-bbox="284 1585 408 1615">'Mid-Point'</span>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Activate movement with gluteus</li> <li>▪ Hand on gluteus - biofeedback</li> <li>▪ Control speed/tempo up and down (2-2-2)</li> </ul>	<p style="text-align: center;">2-3 x 5-10</p> <p style="text-align: center;">Smooth controlled transitions</p>






Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Body Awareness (Gluteus)</b>	<p>4c) Fire Hydrants</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 10px;"> <p>'Start/Finish'</p>  </div> <div> <p>'Mid-point'</p>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Activate movement with gluteus</li> <li>▪ Control speed/tempo up and down (2-2-2)</li> <li>▪ Minimal lower back movement (place broomstick on back for Bio-feedback)</li> </ul>	<p>2-3 x 5-10</p> <p>Smooth controlled transitions</p>
	<p>4d) Heel Raise</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 10px;"> <p>'Start/Finish'</p>  </div> <div> <p>'Mid-Point'</p>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Spinal 'grow' position</li> <li>▪ Activate movement with gluteus</li> <li>▪ Control speed/tempo up and down (2-2-2)</li> <li>▪ Minimal lower back movement (place broomstick on back for bio-feedback)</li> </ul>	<p>2-3 x 5-10</p> <p>Smooth controlled transitions</p>






Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Other (Back Extension)</b>	5a) Isometric Back Extension 	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>▪ Breath through belly</li> <li>▪ Top of hip bone over edge</li> </ul>	2-3 sets  30sec-120sec
	5b) Back Extension ‘Start/Finish’  ‘Mid-point’ 	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>▪ Breath through belly</li> <li>▪ Top of hip bone over edge</li> <li>▪ Activate gluteus</li> </ul>	2-3 x 5-10  Smooth controlled transitions
	5c) Single Leg Back Extension ‘Start/Finish’  ‘Mid-Point’ 	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>▪ Breath through belly</li> <li>• Top of hip bone over edge</li> <li>• Activate gluteus</li> <li>• Back level</li> </ul>	2-3 x 5-10  Smooth controlled transitions





Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Other (Back Extension)</b>	5d) Stability ball back extension  	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• balance</li> </ul>	2-3 sets  30sec-120sec
	5e) Single Leg stability ball back extension  	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Balance</li> <li>• Keep back straight</li> <li>• Hips level</li> </ul>	2-3 sets  30sec-120sec





Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Other (Trunk Flexion)</b>	<p>6a) Toe Touches</p> <p>'Start/Finish'</p>  <p>'Mid-Point'</p> 	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>▪ Breath through belly</li> <li>▪ Smoothly squeeze up and touch toes</li> </ul>	<p>2-3 x 5-10</p> <p>Smooth controlled transitions</p>
	<p>6b) High Raises</p> <p>'Start/Finish'</p>  <p>'Transition'</p>  <p>'Mid-point'</p> 	<ul style="list-style-type: none"> <li>▪ Breath through belly</li> <li>▪ Smoothly squeeze leg up</li> <li>▪ Reach up as high as possible</li> </ul>	<p>2-3 x 5-10</p> <p><b>5sec holds at top</b></p> <p>Smooth controlled transitions</p>













Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Other (Trunk Flexion)</b>	<p>6c) Pike ups</p> <p>'Start'</p>  <p>'Transition'</p>  <p>'Mid-point'</p> 	<ul style="list-style-type: none"> <li>▪ Spinal grow position</li> <li>▪ Breath through belly</li> </ul>	<p>2-3 x 5-10</p> <p>Smooth controlled transitions</p>
	<p>6d) Stability ball jack knifes</p> <p>'Start/Finish'</p>  <p>'Mid-point'</p> 	<ul style="list-style-type: none"> <li>▪ Spinal grow position</li> <li>▪ Breath through belly</li> <li>▪ Scapula stability</li> <li>▪ Keep back straight</li> </ul>	<p>2-3 x 5-10</p> <p>Smooth controlled transitions</p>





Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Other (Trunk Flexion)</b>	<p>6e) Stability ball pike ups (knee tucks)</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="margin-right: 10px;">‘Start/Finish’</span>  </div> <div style="display: flex; align-items: center;"> <span style="margin-right: 10px;">‘Mid-point’</span>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Spinal grow position</li> <li>▪ Breath through belly</li> <li>▪ Scapula stability</li> </ul>	<p>2-3 x 5-10</p> <p><b>Mid point</b> Pause for 1-2 sec</p> <p>Smooth controlled transitions</p>
	<p>6f) Stability ball pick ups</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="margin-right: 10px;">‘Start/Finish’</span>  </div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="margin-right: 10px;">‘Transition’</span>  </div> <div style="display: flex; align-items: center;"> <span style="margin-right: 10px;">‘Mid-point’</span>  </div> </div>		






Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Other (Trunk Rotation)</b>	<p>7a) Standing Broomstick</p> <p>‘Start/Finish’</p>  <p>Mid-point’</p> 	<ul style="list-style-type: none"> <li>▪ Spinal grow position</li> <li>▪ Breath through belly</li> <li>▪ Hold Scapula set</li> </ul>	<p>2-3 x 5-10</p> <p>Smooth controlled transitions</p>
	<p>7b) Medicine Ball rotations</p> <p>‘Start/Finish’</p>  <p>‘Mid-point’</p> 	<ul style="list-style-type: none"> <li>▪ Spinal grow position</li> <li>▪ Breath through belly</li> <li>▪ Hold Scapula set</li> </ul>	<p>2-3 x 5-10</p> <p>Smooth controlled transitions</p>

Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Front Bridge</b>	8a) Front Bridge (Static)  	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>▪ Breath through belly</li> <li>▪ Belly to spine</li> <li>▪ Shoulders over elbows</li> </ul>	2-3 sets  30sec-120sec
	8b) Front Bridge (Resisted)  	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>▪ Breath through belly</li> <li>▪ Belly to spine</li> <li>▪ Shoulders over elbows</li> </ul>	2-3 sets  30sec-120sec
	8c) Front Bridge (small movements) – leg up & down  <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 20px;"> <div style="margin-right: 10px;">‘Start/Finish’</div>  </div> <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">‘Mid-Point’</div>  </div> </div>	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>▪ Breath through belly</li> <li>▪ Belly to spine</li> <li>▪ Shoulders over elbows</li> </ul>	2-3 sets  30sec-120sec






Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Front Bridge</b>	<p>8d) Front Bridge (small movements) leg in &amp; out</p> <p>'Start/Finish'</p>  <p>'Mid-point'</p> 	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	<p>2-3 sets</p> <p>30sec-120sec</p>
	<p>8e) Front Bridge (small movements) Alphabets</p> <p>'Start/Finish'</p>  <p>'Mid-point'</p> 	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	<p>2-3 sets</p> <p>30sec-120sec</p>
	<p>8f) Front Bridge (large movements) – leg up &amp; down</p> <p>'Mid-Point'</p> 	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	<p>2-3 sets</p> <p>30sec-120sec</p>





Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Front Bridge</b>	8g) Front Bridge (large movements) leg in & out  'Mid-point'	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	2-3 sets 30sec-120sec
	8h) Front Bridge (large movements) Alphabets  'Example 1'  'Example 2'	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	2-3 sets 30sec-120sec
	8i) Front Bridge (Multiple movements) – leg combinations  'Example 1'  'Example 2'	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	2-3 sets 30sec-120sec






Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Side Bridge</b>	9a) Side Bridge (Static) 	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	2-3 sets  30sec-120sec
	9b) Side Bridge (Resisted) 	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	2-3 sets  30sec-120sec
	9c) Side Bridge (small movements) – leg up & down  <div style="display: flex; flex-direction: column; align-items: flex-start;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="margin-right: 10px;">‘Start/Finish’</div>  </div> <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">‘Mid-Point’</div>  </div> </div>	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	2-3 sets  30sec-120sec






Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Side Bridge</b>	<p>9d) Side Bridge (small movements) leg forward &amp; back</p> <p>'Forward'</p>  <p>'Backward'</p> 	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	<p>2-3 sets</p> <p>30sec-120sec</p>
	<p>9e) Side Bridge (small movements) Alphabets</p> <p>'Example 1'</p>  <p>'Example 2'</p> 	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	<p>2-3 sets</p> <p>30sec-120sec</p>
	<p>9f) Side Bridge (large movements) – leg up &amp; down</p> <p>'Mid-Point'</p> 	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	<p>2-3 sets</p> <p>30sec-120sec</p>



Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Side Bridge</b>	9g) Side Bridge (large movements) leg forward & back  <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="margin-right: 10px;">‘Forward’</span>  </div> <div style="display: flex; align-items: center;"> <span style="margin-right: 10px;">‘Backward’</span>  </div> </div>	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	2-3 sets  30sec-120sec
	9h) Side Bridge (large movements) Alphabets  <div style="display: flex; align-items: center;"> <span style="margin-right: 10px;">‘Example 1’</span>  </div>	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	2-3 sets  30sec-120sec
	9i) Side Bridge (Multiple movements) – leg combinations  <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <span style="margin-right: 10px;">‘Example 1’</span>  </div> <div style="display: flex; align-items: center;"> <span style="margin-right: 10px;">‘Example 2’</span>  </div> </div>	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	2-3 sets  30sec-120sec

Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Back Bridge</b>	10a) Back Bridge (Static) 	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	2-3 sets  30sec-120sec
	10b) Back Bridge (Resisted) 	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	2-3 sets  30sec-120sec
	10c) Back Bridge (small movements) – leg up & down  ‘Up’   ‘Down’ 	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	2-3 sets  30sec-120sec

Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Back Bridge</b>	<p>10d) Back Bridge (small movements) leg in &amp; out</p> <p>'In'</p>  <p>'Out'</p> 	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	<p>2-3 sets</p> <p>30sec-120sec</p>
	<p>10e) Back Bridge (small movements) Alphabets</p> <p>'Example 1'</p> 	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	<p>2-3 sets</p> <p>30sec-120sec</p>
	<p>10f) Back Bridge (large movements) – leg up &amp; down</p> <p>'Up'</p>  <p>'Down'</p> 	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	<p>2-3 sets</p> <p>30sec-120sec</p>

Exercise Stream	Exercise Name	Key Coaching Cues	Sets x Reps
<b>Back Bridge</b>	<p>10g) Back Bridge (large movements) leg in &amp; out</p> <p>‘In’</p>  <p>‘Out’</p> 	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	<p>2-3 sets</p> <p>30sec-120sec</p>
	<p>10h) Back Bridge (large movements) Alphabets</p> <p>‘Example 1’</p> 	<ul style="list-style-type: none"> <li>▪ Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	<p>2-3 sets</p> <p>30sec-120sec</p>
	<p>10i) Back Bridge (Multiple movements) – leg combinations</p> <p>‘Example 1’</p>  <p>‘Example 2’</p> 	<ul style="list-style-type: none"> <li>• Aim for Spinal grow position</li> <li>• Breath through belly</li> <li>• Belly to spine</li> <li>• Shoulders over elbows</li> </ul>	<p>2-3 sets</p> <p>30sec-120sec</p>