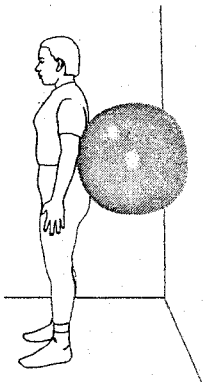
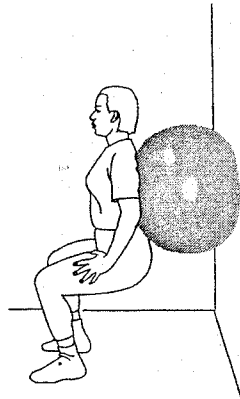


GLUTEAL & QUADRICEPS STRENGTH & ENDURANCE CONDITIONING:
WALL BALL SQUAT TRACK



Figures A/B.

1-Place the gym ball between your low back and the wall while leaning slightly backward against the wall. Make sure your knees remain over your feet (slightly rotate feet outward).



2- Perform a two-leg squat to 90 degrees of hip/knee flexion and hold briefly.

Contract your buttocks when returning from the squat position (Repetitions: Hold for _____ secs. & _____ X _____ per day).

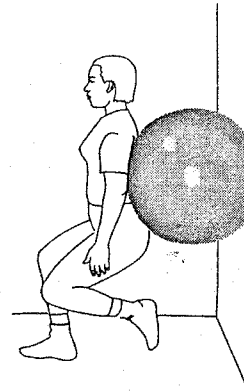
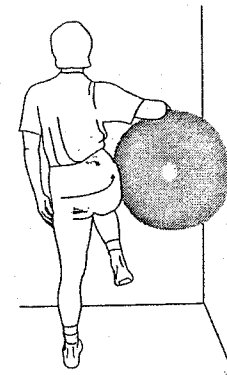


Fig. C.

1-Repeat steps in figures A/B. above while performing squats on one-leg as shown in fig. H. Perform the exercise with each leg.

(Repetitions: Hold for _____ secs. & _____ X _____ per day).



GLUTEUS MEDIUS EXERCISE:
Fig. D.

1- Position the gym ball between your hip and the wall while your leg is flexed up and leaning against the ball.

2-Push your flexed leg/pelvis upward against the ball then lower back down. Perform exercise with each leg. (Repetitions: Hold for _____ secs. & _____ X _____ per day).