



Week 1-8
 2009/04/20
 Tue

Tuesday

1. Treadmill run 00973



Can also be done outside

Rest		Moderate																
Min		10	min															
Perceived effort		Med	RPE															
2009/04/21 Tue																		
2009/04/28 Tue																		
2009/05/05 Tue																		
2009/05/12 Tue																		
2009/05/19 Tue																		
2009/05/26 Tue																		
2009/06/02 Tue																		
2009/06/09 Tue																		

2. Eccentric leg raise 06176



Rest		30 sec	Slow	Slow	Slow	Slow												
Reps			10-20	reps	10-20	reps	10-20	reps	10-20	reps								
Own body weight			B-Wgt		B-Wgt		B-Wgt		B-Wgt									
2009/04/21 Tue																		
2009/04/28 Tue																		
2009/05/05 Tue																		
2009/05/12 Tue																		
2009/05/19 Tue																		
2009/05/26 Tue																		
2009/06/02 Tue																		
2009/06/09 Tue																		

3. Stability ball pike 00730



Rest		30 sec	Slow	Slow	Slow	Slow												
Reps			10-20	reps	10-20	reps	10-20	reps	10-20	reps								
Own body weight			B-Wgt		B-Wgt		B-Wgt		B-Wgt									
2009/04/21 Tue																		
2009/04/28 Tue																		
2009/05/05 Tue																		
2009/05/12 Tue																		
2009/05/19 Tue																		
2009/05/26 Tue																		
2009/06/02 Tue																		
2009/06/09 Tue																		

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.

