

Brianna Bakosova


SSK F09

There are no notes for this program.

26th December - 13th January 2023


SSK F09**S. Stretches**

NOTES: To be performed before every workout.

		SETS	REPS	TEMPO	REST	
● 90/90 Hip Stretch	LEFT, RIGHT	2	1	håll i 10 sekunder	30 sekunder	
● Standing Long Adductor Stretch	LEFT, RIGHT	2	1	håll i 10 sekunder	30 sekunder	
● Kneeling Hip Flexor with Multi Plane Movement	LEFT, RIGHT	2	1	håll i 10 sekunder	30 sekunder	
● Gluteals Prone Stretch	LEFT, RIGHT	2	1	håll i 10 sekunder	30 sekunder	
● Myofascial Rectus Femoris stretch	LEFT, RIGHT	2	1	håll i 10 sekunder	30 sekunder	
● Single leg Forward bending hamstring and low back ...	LEFT, RIGHT	2	1	håll i 10 sekunder	30 sekunder	
● Lumbar Rotation with Bent Knee Cross Body Draw	LEFT, RIGHT	2	1	håll i 10 sekunder	30 sekunder	
● Seated Twisting Gluteal Stretch	LEFT, RIGHT	2	1	håll i 10 sekunder	30 sekunder	

A. Inre och yttre bålstabilitet

NOTES:

		SETS	REPS	INTENSITY	TEMPO	REST	
				RELATIVE	WEIGHT		
● Cross Crunch with Pelvic Counter Rotation	LEFT	1	10			2020	30 sekunder
	RIGHT	1	10			2020	30 sekunder
	LEFT	1	10			2020	30 sekunder
	RIGHT	1	10			2020	30 sekunder
<i>NOTES: Kontroll under hela rörelsen</i>							
● Supine Hip Extension with Three Way Leg Movement	LEFT	1	1			kontroll	30 sekunder
	RIGHT	1	1			kontroll	30 sekunder
	LEFT	1	1			kontroll	30 sekunder
	RIGHT	1	1			kontroll	30 sekunder

There are no notes for this program.

26th December - 13th January 2023

		MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1 DEC 26 - JAN 1	AM							
	PM	S [?] A		S A		S A		
WEEK 2 JAN 2 - 8	AM							
	PM	S A		S A		S A		
WEEK 3 JAN 9 - 15	AM							
	PM	S A		S A		S A		

Sections:

S. Stretches

A. Inre och yttre bålstabilitet