

Strength and stabilisation exercises

Duration: 30sec

Recovery: 30sec

ventral – dorsal – lateral – arms – legs

1. ventral



2. dorsal (right side)



3. lateral (right side)



4. arms



5. legs



6. ventral



7. dorsal (left side)



8. lateral (left side)



9. arms



10. legs



11. ventral



12. dorsal



13. lateral



14. arms



15. legs

