

## Knee Extension Concentric (Roll)



**Sets:** 2  
**Reps:** 10 each side

## Heel Slides



**Sets:** 2  
**Reps:** 10 each side

## Bridge | Arms Flat

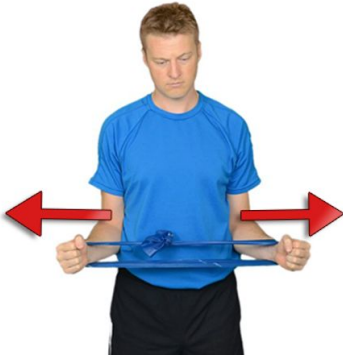


**Sets:** 2  
**Reps:** 10

## Straight Leg Raise



**Sets:** 2  
**Reps:** 10 each side



## Shoulder External Rotation (Band)

**Sets:** 2  
**Reps:** 10



## Shoulder Flexion (band)

**Sets:** 2  
**Reps:** 10 each side



## Elbow Flexion (Band)

**Sets:** 2  
**Reps:** 10 each side



## Row | Bilateral (Band)

**Sets:** 2  
**Reps:** 10 each side