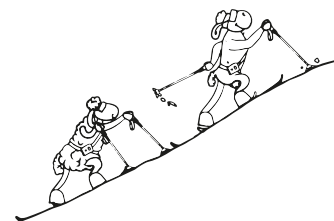


# ORTOVOX NAKED SHEEP EXERCISES

## TRAINING SESSION 3

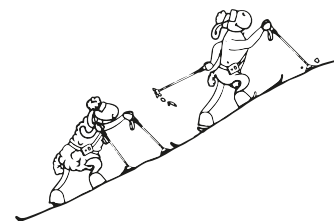


### STRENGTHEN YOUR CORE

NO.	EXERCISE	REP.	SERIES	REST	PICTURE 1	PICTURE 3	PICTURE 3
1	<b>HALF CRUNCH</b> Lying down and with your arms by your side, push your hands forward while lifting your shoulder blades from the floor; maintain this position for a moment, then return to starting position.	15 - 20	3	30 sec.			
2	<b>90° LEG RAISES</b> Lying on your stomach with your head resting on the floor, bend your knee 90°, press heels upward and lift your thighs off the floor; you should feel the intensity in your lower back; maintain this position for a moment, then return to starting position.	15 - 20	3	30 sec.			
3	<b>SIDE LEG RAISES</b> Lying on your side and with your hands providing just minimal support, build tension; then raise and lower your legs; avoid rotating your pelvis.	15 per side	3	30 sec.			
4	<b>LEG RAISES ON YOUR BACK</b> Place your palms under your glutes, keep your lumbar spine (lower back) on the floor and slowly extend your legs then bend your knees; your heels should come as close as possible to the floor; take care not to "fall" into the small of your back.	15	3	30 sec.			
5	<b>SMALL COBRA</b> Lying on your stomach, raise your arms and legs from the floor; pull your elbows backward, then extend your arms again before returning to starting position.	15	3	30 sec.			
6	<b>HIP RAISES</b> On your side and supported by your bottom arm, lift your pelvis; extend and raise your top arm and leg, then bring your elbow and knee together; alternatively, lower and raise the pelvis after each rep.	15 per side	3	60 sec.			

# ORTOVOX NAKED SHEEP EXERCISES

## TRAINING SESSION 4



### IMPROVE YOUR PUSH-OFF

NO.	EXERCISE	REP.	SERIES	REST	PICTURE 1	PICTURE 3	PICTURE 3
1	<b>WALL SQUATS</b> Get as close as you can to the wall, place your hands on the back of your neck and bend your knees as far down as possible, taking care not to fall backward.	8 - 10	3	45 - max. 60 sec.			
2	<b>CALF RAISES</b> Stand on a 5-10cm platform and use a wall for gentle support; raise your heels as high as possible, hold the position for a moment and then return to starting position; your knees should stay extended throughout the entire set.	8 - 10	3	45 - max. 60 sec.			
3	<b>BOX JUMPS</b> Stand with both legs right in front of a 20-40cm high box; place your hands on the back of your neck; with a short, shallow bend of the knees, jump actively onto the box and extend your legs, before returning to your starting position.	8 - 10	3	45 - max. 60 sec.			
4	<b>ONE-LEG CLIMBERS</b> Push your body up over your leg on the 20-40cm high box, ensuring that your knee does not bend inward; then return your extended leg back to the floor.	8 - 10 per leg	3	45 - max. 60 sec.			
5	<b>ONE-LEGGED SHOULDER BRIDGES</b> With your shoulders raised on a box and one foot bent, lift your pelvis into a horizontal position while bringing the knee of your non-planted leg toward your chest slightly.	8 - 10 per leg	3	45 - max. 60 sec.			
6	<b>COSSACK SQUATS</b> Standing upright with your legs widely straddled, make a deep side-ways knee squat to your left while simultaneously rolling your right foot back on your heel and pointing your toes toward the ceiling; return to your starting position before repeating on the other side.	8 - 10 per leg	3	45 - max. 60 sec.			