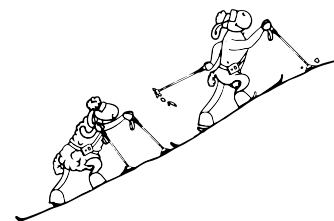


# ORTOVOX NAKED SHEEP EXERCISES

## TRAINING SESSION 1

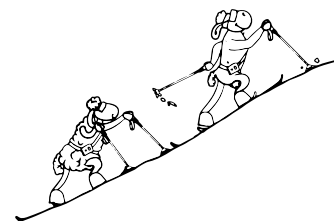


### OPEN DOORS
















NO.	EXERCISE	DESCRIPTION	PICTURE 1	PICTURE 3	PICTURE 3
1	<b>COUCH STRETCH</b> Lower limb flexibility	Bring your knee as close as possible to the wall and straighten upper body backward; you need to be able to activate your glutes while your legs are bent.			
2	<b>GLUTE STRETCH</b> Lower limb flexibility	Place your foot at 90° to the wall; place your other leg over your knee and lower your glutes; your coccyx must touch the ground; don't bend at the hips.			
3	<b>THIGH STRETCH</b> Lower limb flexibility	With the help of a towel (or partner) extend your leg and bring into as vertical a position (and beyond) as possible.			
4	<b>90/90 TO BEAR SIT</b> Lower limb flexibility	Bend your knees to 90° and position one in front and one to the side of your body; with your chest puffed out, press your navel toward your knee; when switching to the other side, keep your legs extended in front of you for a while.			
5	<b>CALF STRETCH</b> Lower limb flexibility	Stand on one leg on a platform, keep your leg extended and press your heel downward; alternatively, with your back foot planted push your front knee towards a wall.			
6	<b>DIAGONAL STRETCH</b> Lower limb flexibility	With your front leg extended in front of you and high hips, try to touch your opposite heel with your hand by rotating to the side.			

# ORTOVOX NAKED SHEEP EXERCISES

## TRAINING SESSION 2



### STABILIZE MECHANICAL AXIS

NO.	EXERCISE	REP.	SERIES	REST	PICTURE 1	PICTURE 3	PICTURE 3
1	<b>DEEP KNEE BENDS</b> Stand with your feet shoulder width apart; the tips of toes should be spread naturally, slightly turned outward; get as far down as possible; your pelvis should be below the knees and your back straight.	15	3	30 – max. 45 sec.			
2	<b>DUCK WALK</b> Get down as low as possible, extend your arms forward and walk forward step by step; vary with backward movements.	20-30 Steps	3	30 – max. 45 sec.			
3	<b>WALK 10M, FIRST ON TIPTOES AND THEN ON YOUR HEELS</b> Try to cover the distance once on tiptoes and once on your heels.	2 x 10 meters each	4	30 – max. 45 sec.			
4	<b>"SKI TOUR" LUNGES</b> Lunge forward, then swing knee upward and quickly stabilize on your toes – then back.	15 per leg	4	30 – max. 45 sec.			
5	<b>PARTIAL KNEE BENDS</b> Straighten upper body, move slowly up and down, control your mechanical axis, knee must not bend inward.	15 per leg	3	30 – max. 45 sec.			
6	<b>ONE-LEGGED SHOULDER BRIDGES</b> Raise and lower extended leg and pelvis, with tension in glutes and your thighs.	15 per leg	3	30 – max. 45 sec.	