## **Exercise levels**

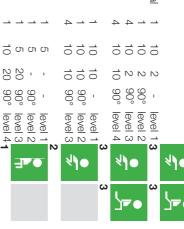
## **Activity levels**



غلاه

6

⇉



N

Normal squat





Block 2

Wall squat

Block 1

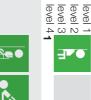
Bridges

ω

10

30

Isometric holds









in the exercises or activities if your pain is in the OK zone (below) specific exercises. activity. Some activities can only be started after you complete the immediately after, and the moming after completing an exercise/ found in the leaflet and training diaries). You can only increase a level Here is an overview of Block 1 and Block 2 (more information can be

- <u>→</u>• \_
- <del>لم</del> N Faster walking/medium to hard cycling Light walking/cycling
- $\omega$ Slow running
- Stairs
- $\Omega$ Running in medium pace

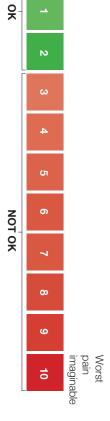
- 0 Skipping
- Jumping
- $\infty$
- High speed running, turning and jumping
- Warm-up and 1/2 training

9

11 Match/competition

10 Warm-up and full training

\*



No Pain