

Exercises

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7a. The Bench – Static

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7b. The Bench – Alternate Legs

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7c. The Bench – One Leg Lift & Hold

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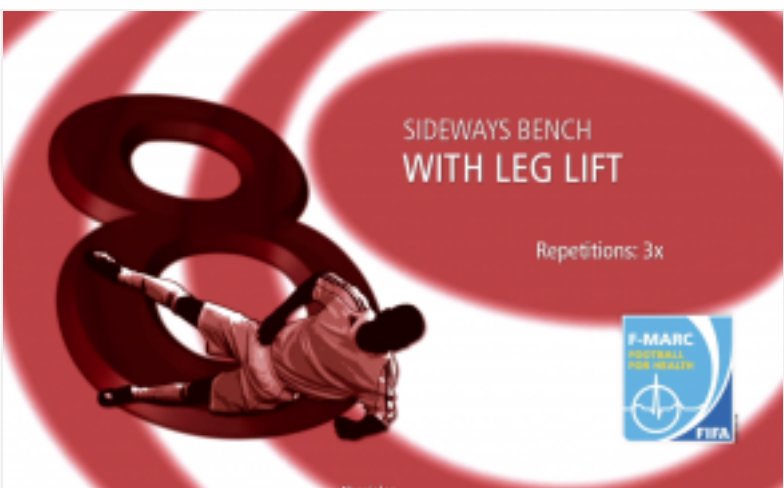
8.1. Sideways Bench – Static

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8.2. Sideways Bench – Raise & Lower Hip

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9.2. Hamstrings – Intermediate

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9.3. Hamstrings – Advanced

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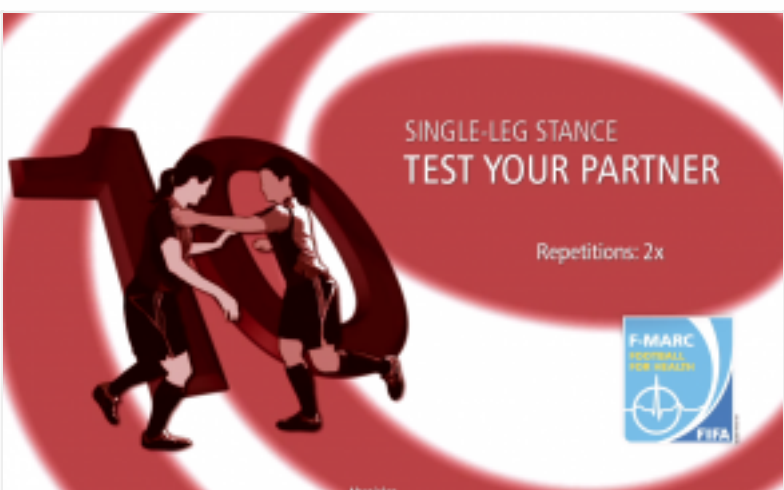
10.1. Single-Leg Stance – Hold the Ball

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10.2. Single-Leg Stance – Throwing Ball

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10.3. Single-Leg Stance – Test Your Partner

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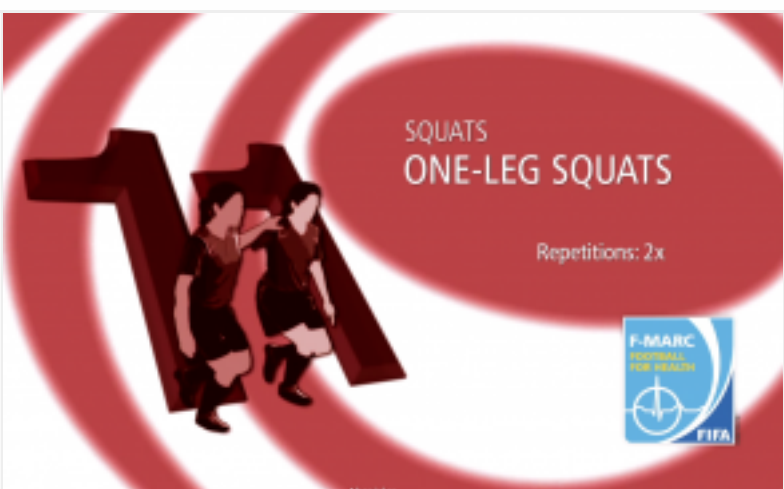
11.1. Squats – With Toe Rise

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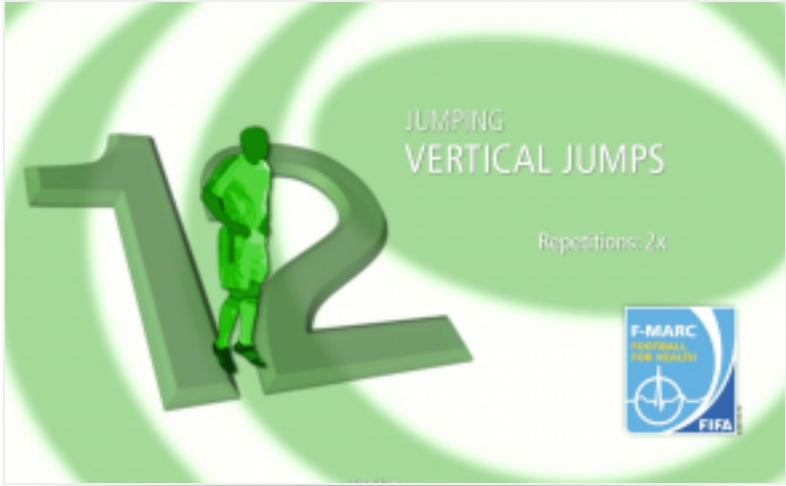
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12.3. Jumping – Box Jumps

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13. Running – Across The Pitch

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14. Running – Bounding

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15. Running – Plant & Cut

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