



LEVEL 2: Motor Control

Home exercise programme

Start date

Goals:	
1	Pain 2/10
2	Full squat range
3	Plank 60 seconds hold

Squat re training patterns

Drill 1

Goblet squat

Drill 2

Goblet Squat with heel blocks

Drill 3

Squat with theraband between knees pulling apart

Posterior chain work

Warm up drill

Forward lean to activate fascia and intrinsic muscles in foot.

Forward lean with light step forward into lunge position

Lunge position into arabesque.

*Hot salsa - with medicine ball, lunge forwards with L leg and lean forwards with med ball in both hands. Then as you step through bring the ball above your head and lift your right leg into hip flexion.

Hip abduction strength

Criteria for progression to level 3	
1	OH squat re assessed
2	Single leg squat re assessed

TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
Posterior chain	Posterior chain	KLT	Posterior chain	Posterior chain
Hip strength	Hip strength		Hip strength	Hip strength
Goblet squats	Goblet squats		Goblet squats	Goblet squats
CV as able. Cont with mobility drills as level 1				



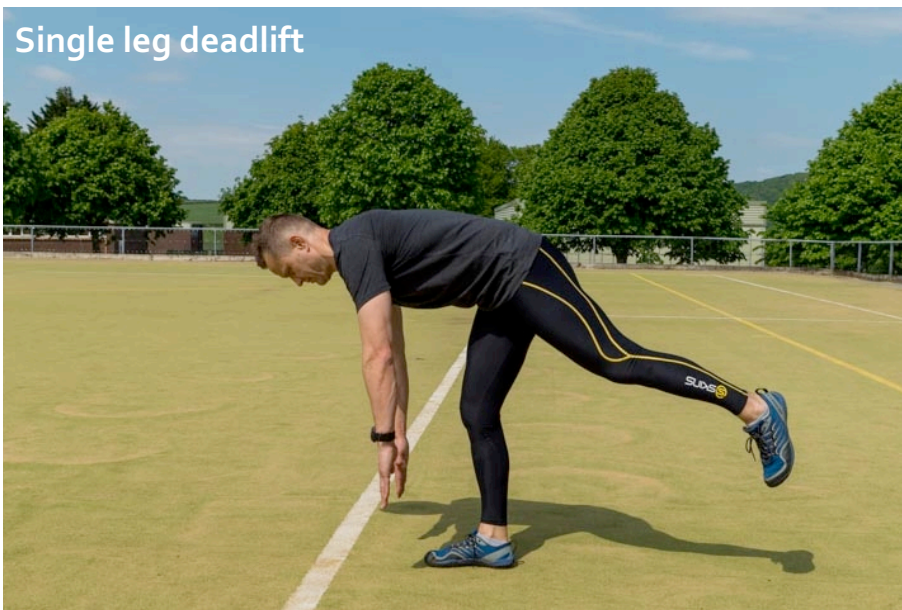
TRAINING PLAN

Monday & Thursday				
	Reps	Sets	Rest	Tempo
Goblet squatting	5	5	60	3131
Posterior Chain work				
Single leg deadlift	15	2 - 3	60	4141
Runners pull – SL standing with cable / band pull (opposite hand).	15 L and 15 R	2 - 3	60	2121
Farmers walk	40 meters	10	10	Slow walk
Latissimus Dorsi strength – (KLT) inferior pull + split squat	1 minute	4	60	4141
Hip strength				
Standing hip abduction.	20			
Crab walking	40 meters	10	10	Slow walk
Monster walk				
Side plank + Clam	5 - 10	3 - 4	60	3232

Tuesday & Friday				
	Reps	Sets	Rest	Tempo
Goblet squatting	5	5	60	3131
Posterior Chain work				
Thrusters progressing to 10 kg bar	15 L and R	3	60	1121
Plank hold (60 seconds)	60 secs	3	60	-
Runners touch –Stork to touch floor with contra lateral hand in front of you.	15 L & R	2 - 3	60	2121
Hot salsa	15 L & R	2 - 3	60	4141
Hip strength				
X Walks	Length of gym			
Squat with band	12	3	60	3131
Side plank + hip abduction	5 - 10	3 - 4	60	3232
Running action	60 secs	3	60	At speed



Single leg deadlift



Farmers walk on
tip toes





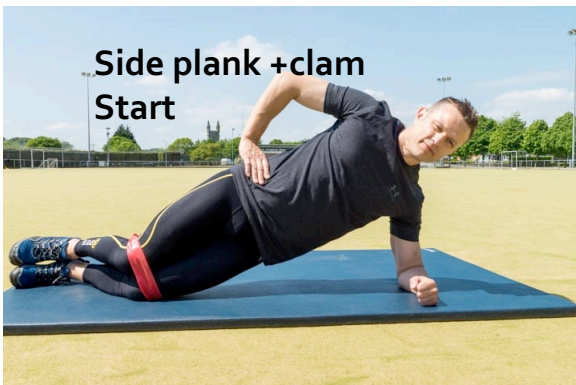
**Standing hip
abduction
Start**



**Standing hip
abduction
Finish**



**Side plank +clam
Start**



**Side plank +clam
Finish**





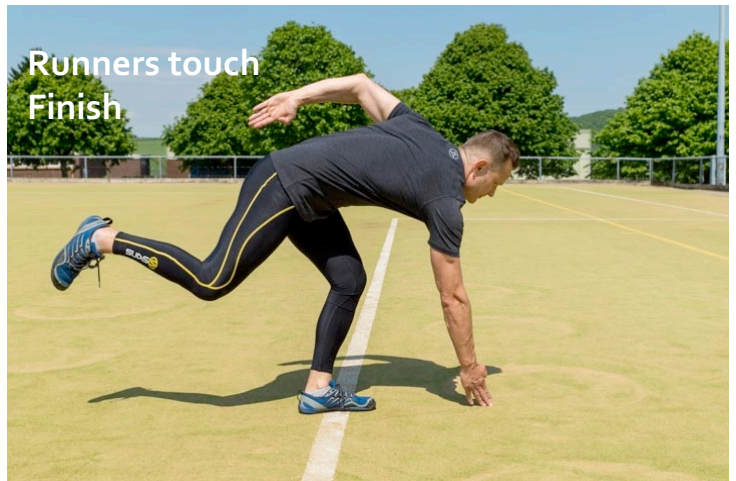
**Thrusters
Start**



**Thrusters
Finish**



**Runners touch
Finish**





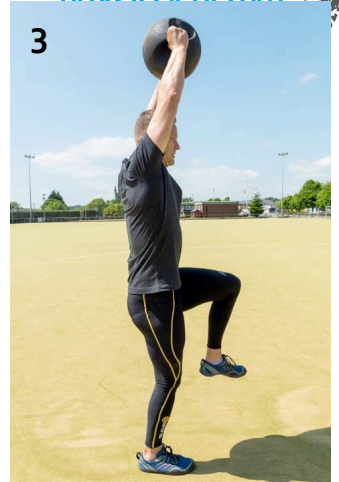
Hot Salsa 1



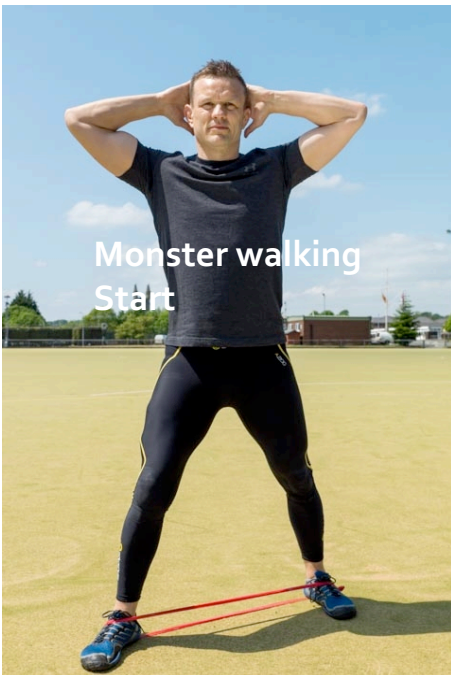
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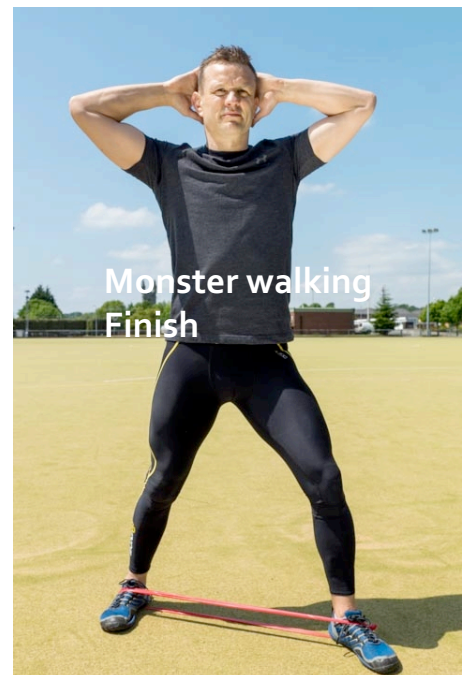
3



Monster walking Start

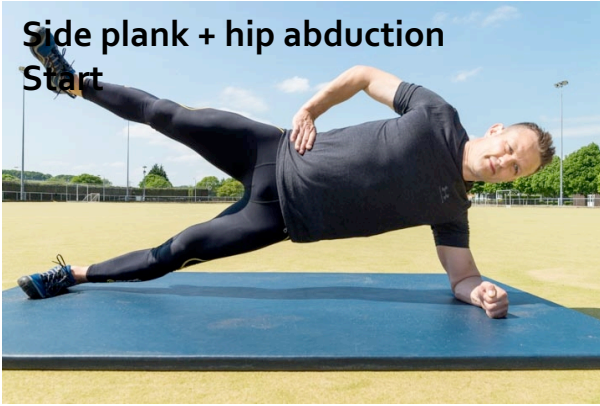


Monster walking Finish





Side plank + hip abduction
Start



Side plank + hip abduction
Finish



Running drill
Finish

