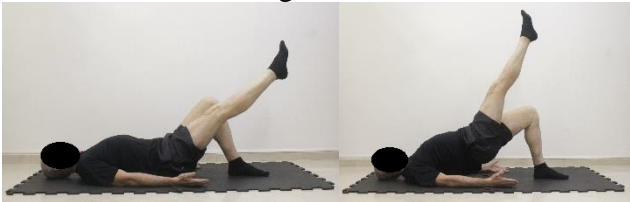






APPENDIX 2- Mat based-exercises

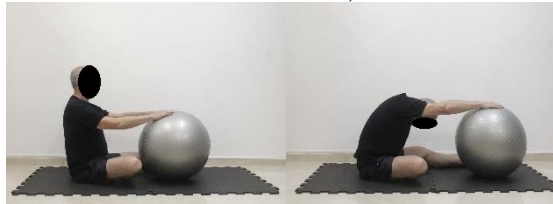
Spine exercises		
Basic	Intermediate	Advanced
<p>Bridge</p>  <p>Objective: mobilize pelvis and spine and strengthen gluteus and hamstring muscles.</p>	<p>Bridge Variant</p>  <p>Objective: mobilize pelvis and spine, and strengthen gluteus, hamstring and gastrocnemius muscles.</p>	<p>Bridge Variant</p>  <p>Objective: mobilize pelvis and spine and strengthen gluteus, quadriceps femoris and hamstring muscles</p>
<p>Rolling Back Down/Up (knees flexed and rolling forward)</p>  <p>Objective: mobilize the spine and contract the abdominis muscles associated with the power house.</p>	<p>Rolling Back Down/Up (knees extended and rolling forward.)</p>  <p>Objective: mobilize the spine and contract the abdominis muscles associated with the power house.</p>	<p>Roll Up (rolling back and forward)</p>  <p>Objective: mobilize the spine and strengthen the rectus abdominis and external external oblique muscles.</p>
<p>Hamstring Stretch Variant</p>  <p>Objective: mobilize the spine and stretch the muscles of the posterior chain.</p>	<p>Hamstring Stretch Variant (crossed legs)</p>  <p>Objective: mobilize the spine and stretch the muscles of the posterior chain.</p>	<p>Hamstring Stretch (ball)</p>  <p>Objective: mobilize the spine and stretch the muscles of the posterior chain.</p>

Stretches Front Variant (standing with the ball)



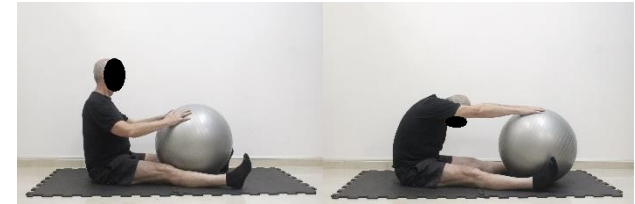
Objective: mobilize the spine and stretch the muscles of the posterior chain.

Hamstring Stretch Variant (sitting on the floor with one leg extended and the other one flexed)



Objective: mobilize the spine and stretch the muscles of the posterior chain.

Spine Stretch (sitting on the floor with both legs extended)



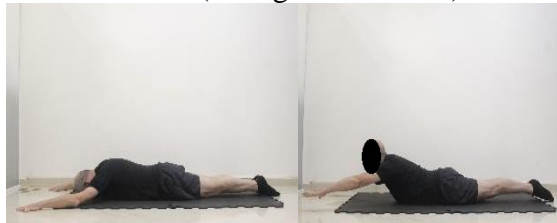
Objective: mobilize the spine and stretch the muscles of the posterior chain.

Swan Front



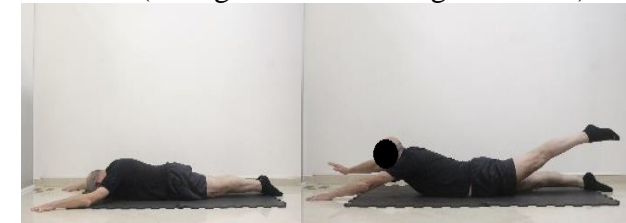
Objective: mobilize spine, stretching the muscles of the anterior chain, and strengthen pectoralis major, triceps brachii and anterior deltoid muscles.

Swan (taking off the arms)



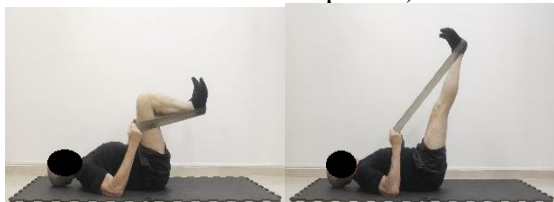
Objective: mobilize the spine, control the scapular elevation movement and strengthen posterior chain muscles.

Swan (taking off arms and legs alternate)



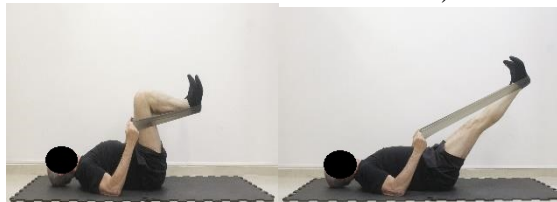
Objective: mobilize the spine, control the scapular elevation movement and strengthen posterior chain muscles.

Tower (in "V" position with the elastic forward and upward)



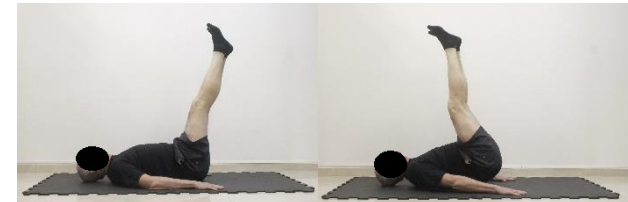
Objective: stretch the posterior chain muscles and strengthen the abdominis, quadriceps femoris and iliopsoas muscles.

Long Spine (in "V" position with the elastic forward and downwards)



Objective: stretch the posterior chain muscles and strengthen the abdominis, quadriceps femoris and iliopsoas muscles.

Jackknife



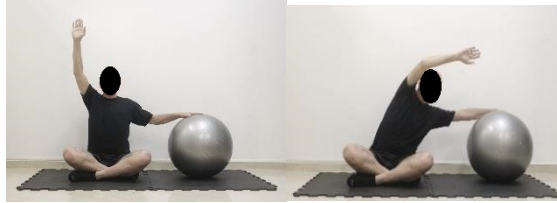
Objective: mobilize the spine and strengthen the abdominis, quadriceps femoris and iliopsoas muscles.

Mermaid (both hands on the ball)



Objective: stretch lateral chain muscles and control scapular elevation movement.

Mermaid (one hand on the ball)



Objective: stretch lateral chain muscles and control scapular elevation movement.

Side Arm Sit Variant

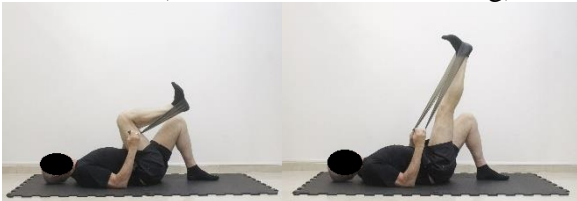


Objective: stretch lateral chain muscles and control scapular elevation movement.

Lower Limbs Exercises

Basic

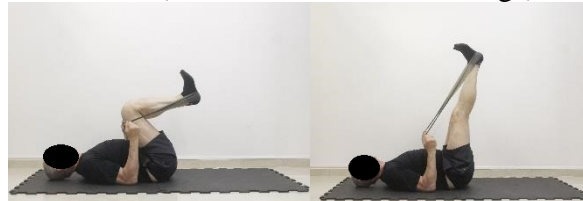
Tower (with the elastic on one leg)



Objective: stretch the posterior chain muscles and strengthen the quadriceps femoris and gluteus maximus muscles.

Intermediate

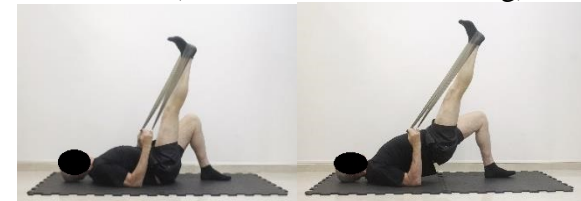
Tower (with the elastic on both legs)



Objective: stretch the posterior chain muscles and strengthen the quadriceps femoris and gluteus maximus muscles.

Advanced

Tower (with the elastic on one leg)



Objective: stretch the posterior chain muscles and strengthen the quadriceps femoris, hamstrings and gluteus maximus muscles.

Footwork (taking the foot support)



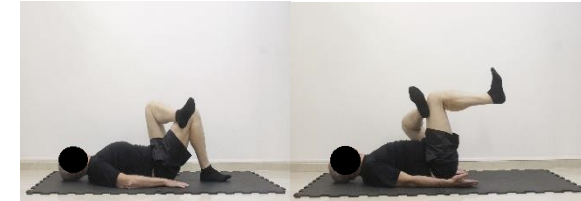
Objective: stretch the gluteus maximus and piriformis muscles and strengthen the quadriceps femoris muscle.

One Leg Up and Down (with the ball)



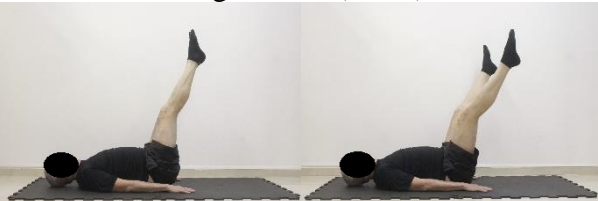
Objective: stretch the gluteus maximus and piriformis muscles and strengthen abdominis, iliopsoas and quadriceps femoris muscles.

Tower



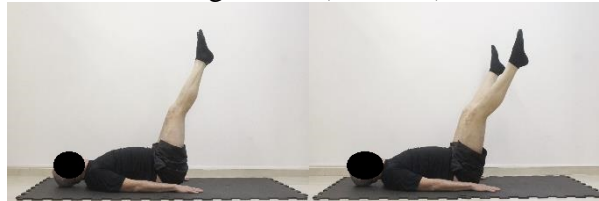
Objective: stretch the gluteus maximus and piriformis muscles and strengthen the quadriceps femoris muscle.

Leg Circles (small)



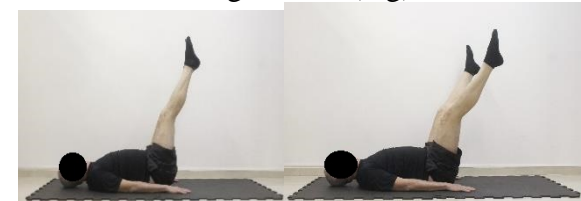
Objective: strengthen gluteus maximus, hamstrings, adductor magnus, adductor longus, pectineus and gracilis muscles.

Leg Circle (medium)



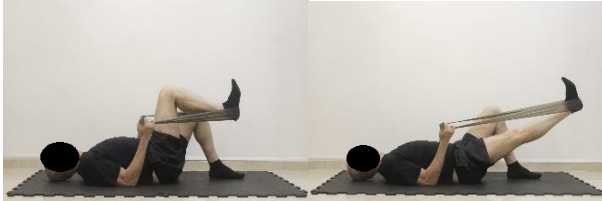
Objective: strengthen gluteus maximus, hamstrings, adductor magnus, adductor longus, pectineus and gracilis muscles.

Leg Circles (big)



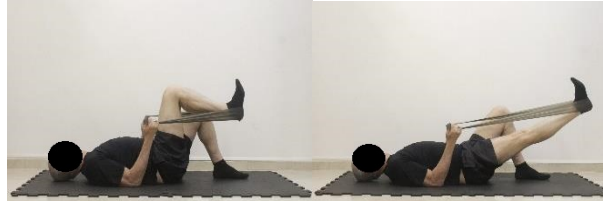
Objective: strengthen gluteus maximus, hamstrings, adductor magnus, adductor longus, pectineus and gracilis muscles.

Bicycle (with mild elastic)



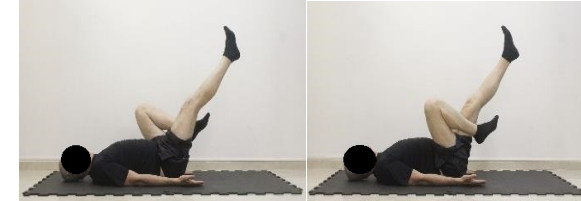
Objective: strengthen the gluteus maximus, quadriceps femoris, abdominis and hamstring muscles.

Bicycle (with heavy elastic)



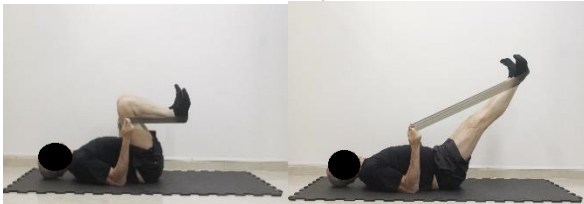
Objective: strengthen the gluteus maximus, quadriceps femoris, abdominis and hamstring muscles

Bicycle (both legs on the air)



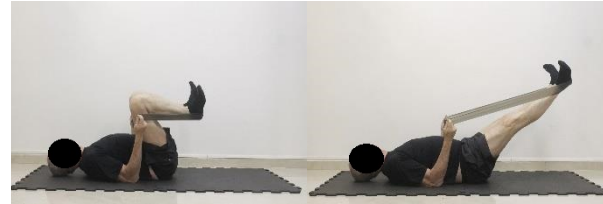
Objective: strengthen the gluteus maximus, hamstring, sartorius, gracillis and gastrocnemius muscles.

Footwork Hells V Position (with the elastic band)



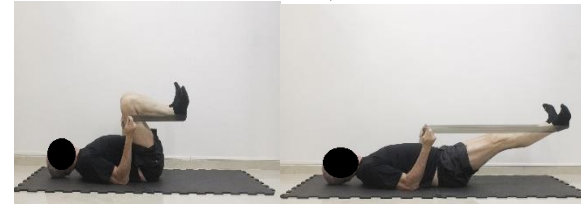
Objective: strengthen the quadriceps femoris, abdominis, adductor magnus, adductor longus, pectineus and gracillis muscles.

Leg Series Supine Frog (with the elastic band)



Objective: strengthen the quadriceps femoris, abdominis, adductor magnus, adductor longus, pectineus and gracillis muscles.

Knee Extension V Position (with the elastic band)



Objective: strengthen the quadriceps femoris, abdominis, adductor magnus, adductor longus, pectineus and gracillis muscles.

Footwork Double Legato (four supports rising one leg)



Objective: strengthen the quadriceps femoris, triceps surae, iliopsoas and sartorius muscles.

Footwork Double Legato (four supports with mild elastic band)



Objective: strengthen the quadriceps femoris, triceps surae, iliopsoas and sartorius muscles.

Footwork Double Legato (four supports with heavy elastic band)



Objective: strengthen the quadriceps femoris, triceps surae, iliopsoas and sartorius muscles.

Side Kicks Up and Down



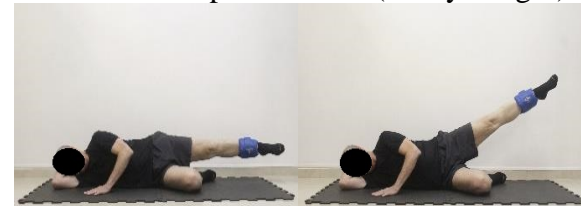
Objective: strengthen the gluteus medius and tensor fascia lata muscles.

Side Kicks Up and Down (mild weight)



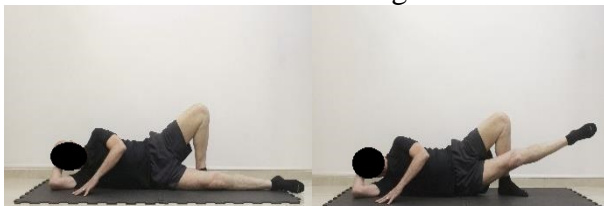
Objective: strengthen the gluteus medius and tensor fascia lata muscles.

Side Kicks Up and Down (heavy weight)



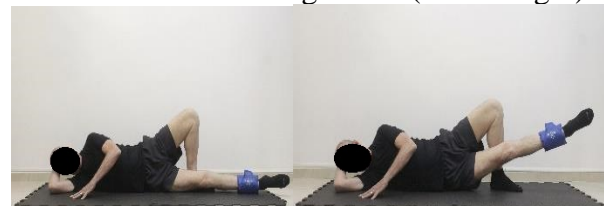
Objective: strengthen the gluteus medius and tensor fascia lata muscles.

Side Kicks Inner-Thigh Lifts



Objective: strengthen the gluteus maximus, hamstrings, adductor magno, adductor longus, pectineus and gracillis muscles.

Side Kicks Inner-Thigh Lifts (mild weight)



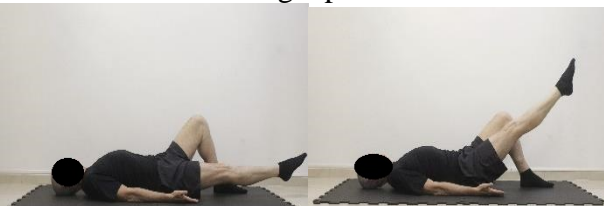
Objective: strengthen the gluteus maximus, hamstrings, adductor magno, adductor longus, pectineus and gracillis muscles.

Side Kicks Inner-Thigh Lifts (heavy weight)



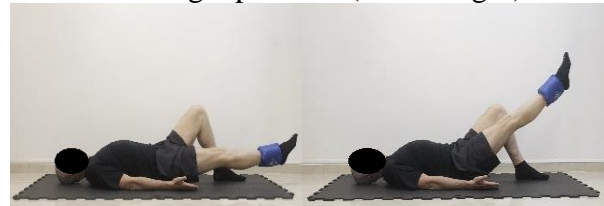
Objective: strengthen the gluteus maximus, hamstrings, adductor magno, adductor longus, pectineus and gracillis muscles.

One Leg Up-Down



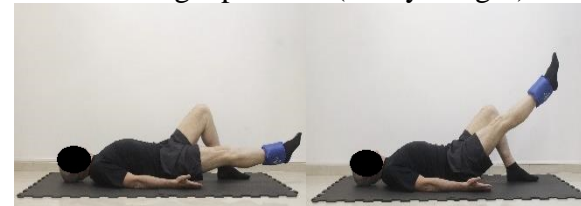
Objective: strengthen the iliopsoas, rectus femoris and rectus abdominis muscles.

One Leg Up-Down (mild weight)



Objective: strengthen the iliopsoas, rectus femoris and rectus abdominis muscles.

One Leg Up-Down (heavy weight)



Objective: strengthen the iliopsoas, rectus femoris and rectus abdominis muscles.

Fire Hydrant



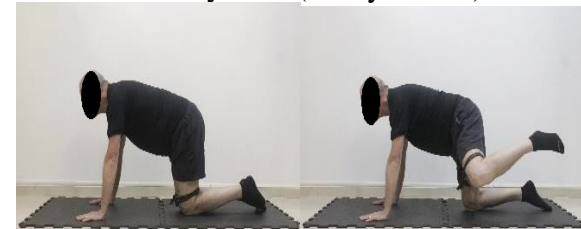
Objective: strengthen the quadriceps femoris and gluteus muscles.

Fire Hydrant (mild elastic)



Objective: strengthen the quadriceps femoris and gluteus muscles.

Fire Hydrant (heavy elastic)



Objective: strengthen the quadriceps femoris and gluteus muscles.

Squatting with the ball on the wall



Objective: strengthen the quadriceps femoris and gluteus muscles.

One-legged squat with ball on wall



Objective: strengthen the quadriceps femoris and gluteus muscles.

Air squat



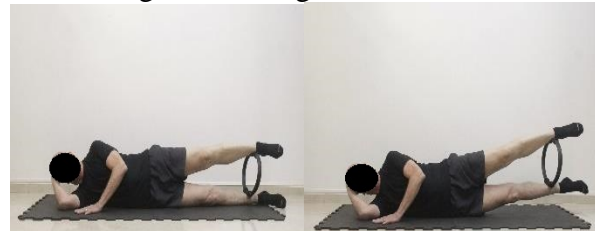
Objective: strengthen the quadriceps femoris and gluteus muscles.

Leg Series Diagonal



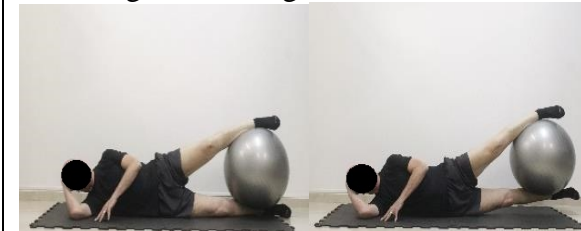
Objective: strengthen the gluteus medius and minimum, tensor fascia lata and sartorius muscles.

Leg Series Diagonal with circle



Objective: strengthen the gluteus medius and minimum, tensor fascia lata and sartorius muscles.

Leg Series Diagonal with the ball



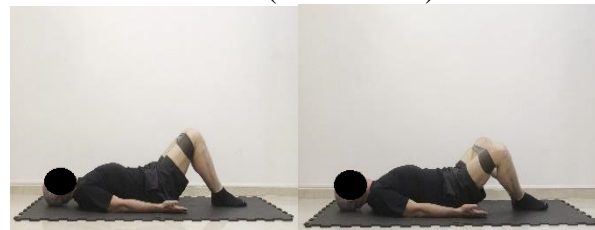
Objective: strengthen the gluteus medius and minimum, tensor fascia lata and sartorius muscles.

Horse



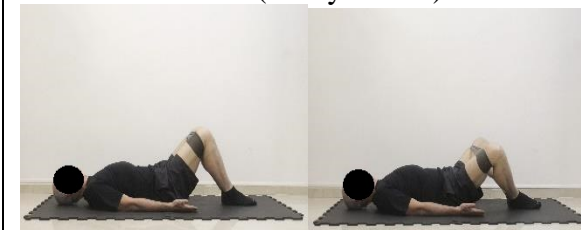
Objective: strengthen the abductor muscles of the hip.

Horse (mild elastic)



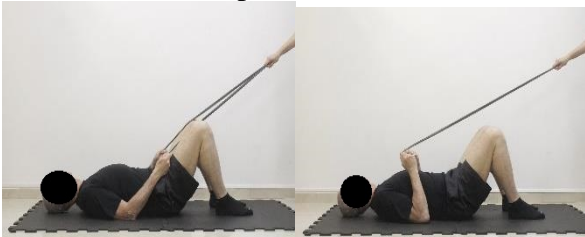
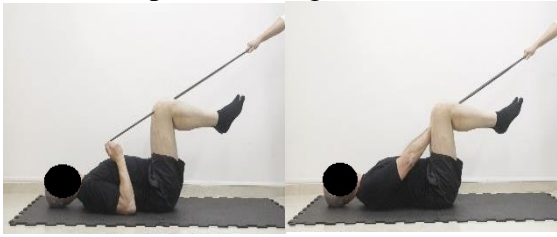

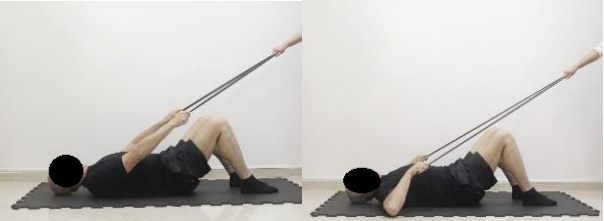




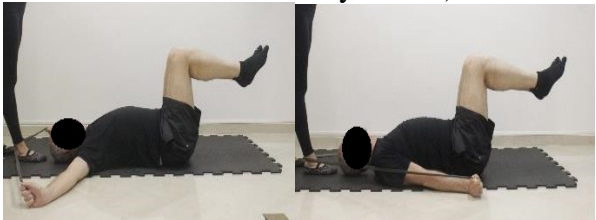
Objective: strengthen the abductor muscles of the hip.

Horse (heavy elastic)



Objective: strengthen the abductor muscles of the hip.

Upper Limbs Exercises

Basic	Intermediate	Advanced
<p style="text-align: center;">Arms Biceps (with the elastic)</p>  <p style="text-align: center;">Objective: strengthen the biceps brachii, brachialis and rectus abdominis muscles.</p>	<p style="text-align: center;">Arms Biceps (flexed legs with the elastic)</p>  <p style="text-align: center;">Objective: strengthen the biceps brachii, brachialis and rectus abdominis muscles.</p>	<p style="text-align: center;">Arms Biceps (standing with the elastic)</p>  <p style="text-align: center;">Objective: strengthen the biceps brachii, brachialis and rectus abdominis muscles.</p>
<p style="text-align: center;">Arms Pull Up and Down</p>  <p style="text-align: center;">Objective: strengthen deltoid and trapezius muscles.</p>	<p style="text-align: center;">Arms Pulling (mild elastic)</p>  <p style="text-align: center;">Objective: strengthen rhomboid, posterior deltoid, teres minor, infraspinatus, supraspinatus and medial and lower trapezius fibers muscles.</p>	<p style="text-align: center;">Arms Pulling Variant (heavy elastic)</p>  <p style="text-align: center;">Objective: strengthen rhomboid, posterior deltoid, teres minor, infraspinatus, supraspinatus and medial and lower trapezius fibers muscles.</p>
<p style="text-align: center;">Arms Pull Up and Down Variant (mild elastic)</p>  <p style="text-align: center;">Objective: strengthen the deltoid, latissimus dorsi, teres major, pectoralis major and coracobrachialis muscles.</p>	<p style="text-align: center;">Arms Pull Up and Down Variant (flexed knees and mild elastic)</p>  <p style="text-align: center;">Objective: strengthen the abdominis, deltoid, latissimus dorsi, teres major, pectoralis major and coracobrachialis muscles.</p>	<p style="text-align: center;">Arms Pull Up and Down Variant (flexed knees and heavy elastic)</p>  <p style="text-align: center;">Objective: strengthen the abdominis, deltoid, latissimus dorsi, teres major, pectoralis major and coracobrachialis muscles.</p>

Arms Triceps (mild elastic)



Objective: strengthen the triceps brachii muscle.

Arm Triceps (mild elastic without feet support)



Objective: strengthen the triceps brachii and abdominis muscles.

Arm Triceps (heavy elastic without feet support)



Objective: strengthen the triceps brachii and abdominis muscles.

Abdominal Exercises

Basic

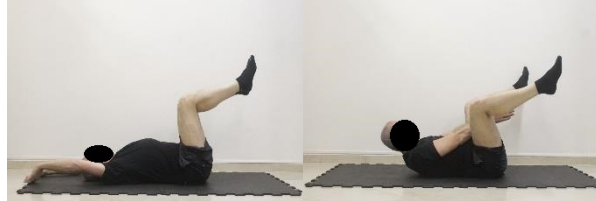
Teaser



Objective: stretch the adductor magnus, adductor longus, adductor minimum, pectineus and gracillis muscles and strengthen the rectus abdominis and external oblique muscles.

Intermediate

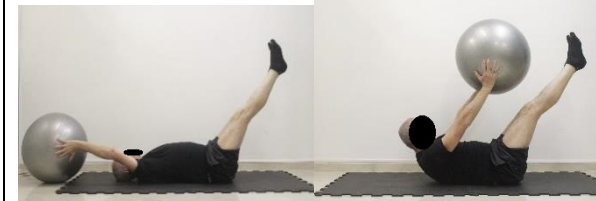
The Hundred Variant (with feet on the air)



Objective: work coordination, stretch adductor, pectineus and gracillis muscles and strengthen the rectus abdominis, external oblique, latissimus dorsi and teres major muscles.

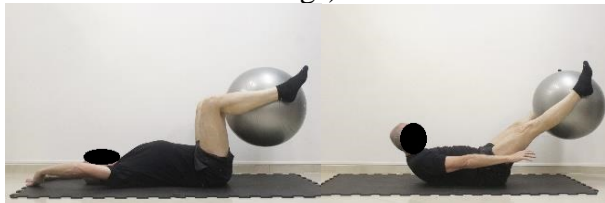
Advanced

Exercise On the Ball



Objective: work coordination, stretch adductor, pectineus and gracillis muscles and strengthen the rectus abdominis, external oblique, latissimus dorsi and teres major muscles.

The Hundred (pumping arms and stretching legs)



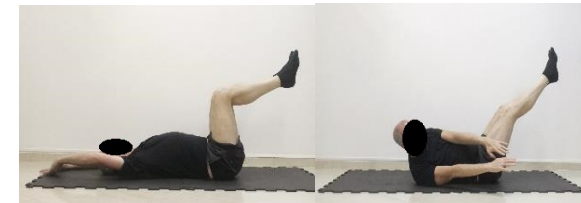
Objective: work coordination and strengthen the rectus abdominis and external oblique muscles.

The Hundred (raising the ball)



Objective: work coordination and strengthen the rectus abdominis and external oblique muscles.

The Hundred Variant (side)



Objective: work coordination and strengthen the rectus abdominis and external oblique muscles.

Bridge with knees and feet supported



Objective: strengthen the abdominis rectus, internal oblique, external oblique, iliopsoas, pectoral and triceps brachii muscles.

Bridge with knees supported



Objective: strengthen the abdominis rectus, internal oblique, external oblique, iliopsoas, pectoral and triceps brachii muscles.

Bridge



Objective: strengthen the abdominis rectus, internal oblique, external oblique, iliopsoas, pectoral and triceps brachii muscles.