

WEEK THREE PATTERNING & PRACTICE			
Adductor Foam Roll	1 - 2 MINS	1 SET	
Lateral Lunges	1 - 2 MINS		
Standing Banded Point & Lift	10 - 12 REPS	2 - 3 SETS	
Lift, Lower, Stand, Step Over	60s		
Slow Switches	60s		
Single Leg Adductor Rock Back	30 - 60s	1 SET	