

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Calf Raises



1. Stand with feet hip-width apart.
2. Lift your heels off the ground, rising on the toes and upper part of the feet.
3. Hold the raised position for two seconds.
4. Slowly lower your heels back down to the ground.
5. Repeat _____ times; _____ sets; _____ times per day

Toe Walk



1. Stand on your toes and the balls of your feet.
2. Walk for _____ ft or _____ sec/min.
3. Maintain an upright posture throughout the exercise.
4. Repeat _____ times; _____ times per day

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Heel Walk



1. Lift your toes off the ground and stand on your heels.
2. Walk forward in this heel-walking position.
3. To avert lower back pain, ensure your footsteps are gentle
4. Walk for _____ ft or _____ sec/min.
5. Repeat _____ times; _____ times per day

Soleus Wall Squat

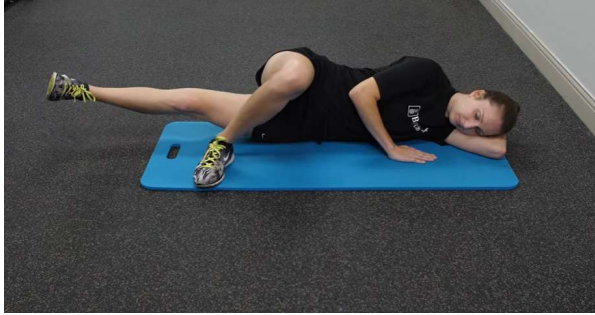


1. Stand with your back against a wall.
2. Take a few steps forward, keeping your feet hip-width apart and your back against the wall.
3. Lower your body into a squat, sliding down the wall.
4. Get on your toes.
5. Hold the squat position on your toes for _____ sec; repeat _____ times; _____ times per day

Side-Lying Adduction

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1. Lie on your side with your legs extended straight.
2. Place one leg on top of the other, keeping your body straight.
3. Lift the leg toward the ceiling, engaging the adductor muscle.
4. Squeeze the inner thigh muscles at the top of the movement and hold for 2 seconds
5. Slowly return the leg to the starting position.
6. Repeat _____ times; _____ sets; _____ times per day

Single-Leg Glute Bridge



1. Lie on your back with your knees bent and feet flat on the ground.
2. Lift one leg off the ground.
3. Push through the other foot's heel to lift your hips towards the ceiling.
4. Hold the raised position for a moment.
5. Lower your hips back down. Repeat _____ times; _____ sets; _____ times per day

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Wall Calf Stretch



1. Stand facing a wall, with one foot forward.
2. Keep the back leg straight, heel on the ground.
3. Bend the front knee so the upper and lower leg are almost at 90 degrees.
4. Lean forward, feeling the stretch in the calf muscle of the rear leg.
5. Hold for 30 seconds and switch legs. Repeat 3 times

Quad Stretch



1. Stand with feet hip-width apart.
2. Bend one knee and bring your heel toward your butt.
3. Grab your ankle with the corresponding hand.
4. Ensure your standing leg remains slightly bent.
5. Hold for 30 seconds; repeat 3 times

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Hamstring Wall Stretch



1. Lie on your back close to a wall.
2. Extend your legs upwards, placing your heels against the wall.
3. Flex your feet and slowly slide your heels up the wall.
4. Stop when you feel a stretch in your hamstrings.
5. Hold the position for 30 seconds, repeat 3 times