

# Strength and stabilisation exercises

**Duration:** 30sec

**Recovery:** 30sec

ventral – dorsal – lateral – arms – legs

## 1. ventral (right side)



## 2. dorsal (right side)



## 3. lateral (right side)



## 4. arms



5. legs (right side)



6. ventral (left side)



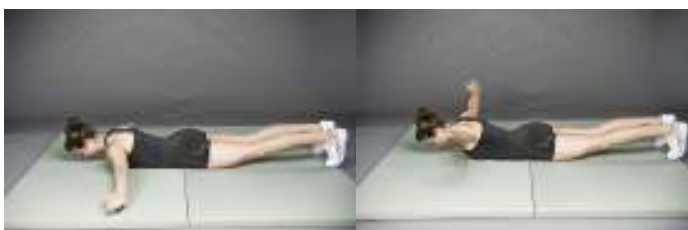
7. dorsal (left side)



8. lateral (left side)



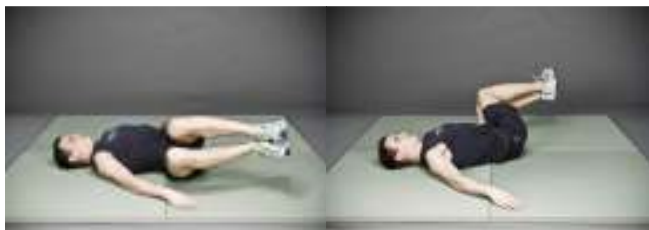
9. arms



10. legs (left side)



11. ventral



12. dorsal



13. lateral



14. arms



15. legs

