



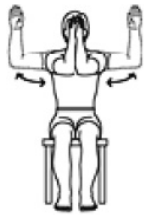
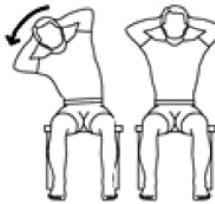
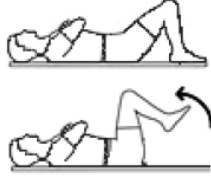







Corrective Exercise Programs

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

1



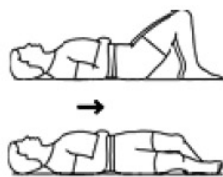
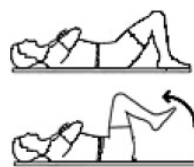
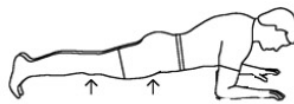

1.  1 X 5/ 5 secs	2.  1 X 5/ 5 secs	3.  1 X 5/ 5 secs
4.  1 X 5/ 5 secs	5.  1 X 20	6.  1 X 5/ 5 secs
7.  1 X 15	8.  1 X 20	9.  1 X 15
10.  1 X 20	11.  1 X 5/ 5 secs	12.  1 X 5/ 5 secs

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

2


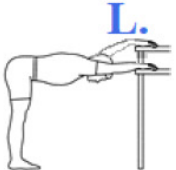


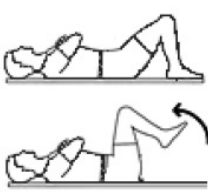
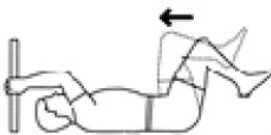
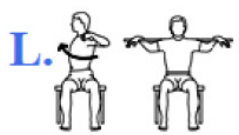
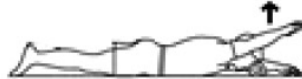
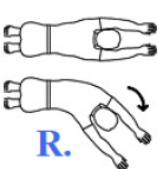
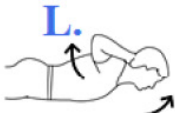


1. <div>1 X 10/ 5 secs</div> 	2. <div>1 X 20</div> 	3. <div>1 X 20</div> 
4. <div>1 X 20</div> 	5. <div>1 X 10/ 5 secs</div> 	6. <div>1 X 10/ 5 secs</div> 

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

3

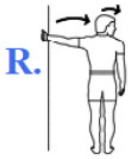
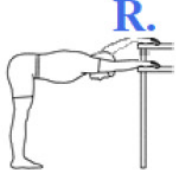

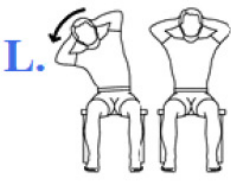
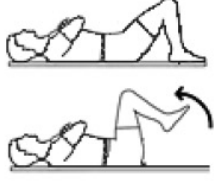
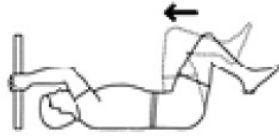
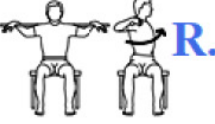

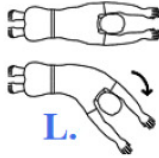



1. <div>1 X 5/ 5 secs</div> <div>L.</div> 	2. <div>1 X 5/ 5 secs</div> <div>L.</div> 	3. <div>1 X 10/ 5 secs</div> <div>L.</div> 
4. <div>1 X 5/ 5 secs</div> <div>R.</div> 	5. <div>1 X 20</div> 	6. <div>1 X 5/ 5 secs</div> 
7. <div>1 X 15</div> <div>L.</div> 	8. <div>1 X 20</div> 	9. <div>1 X 5/ 5 secs</div> <div>R.</div> 
10. <div>1 X 20</div> <div>L.</div> 	11. <div>1 X 5/ 5 secs</div> <div>L.</div> 	12. <div>1 X 5/ 5 secs</div> <div>L.</div> 

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

4


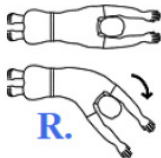



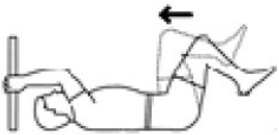
1. <div>1 X 5/ 5 secs</div> 	2. <div>1 X 5/ 5 secs</div> 	3. <div>1 X 10/ 5 secs</div> 
4. <div>1 X 5/ 5 secs</div> 	5. <div>1 X 20</div> 	6. <div>1 X 5/ 5 secs</div> 
7. <div>1 X 15</div> 	8. <div>1 X 20</div> 	9. <div>1 X 5/ 5 secs</div> 
10. <div>1 X 20</div> 	11. <div>1 X 5/ 5 secs</div> 	12. <div>1 X 5/ 5 secs</div> 

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

5


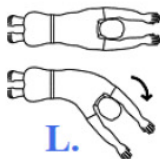


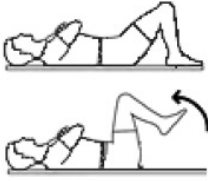
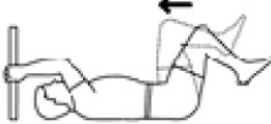
1. <div>1 X 5/ 5 secs</div> <div>L.</div> 	2. <div>1 X 10/ 5 secs</div> 	3. <div>1 X 15</div> <div>L.</div> 
4. <div>1 X 20/ 5 secs</div> 	5. <div>1 X 20</div> 	6. <div>1 X 5/ 5 secs</div> 

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

6



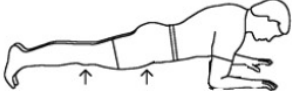
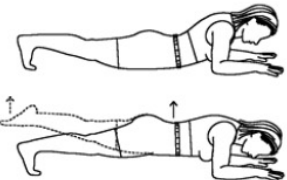


1. R.  1 X 5/ 5 secs	2.  1 X 10/ 5 secs	3. R.  1 X 15
4.  1 X 20/ 5 secs	5.  1 X 20	6.  1 X 5/ 5 secs

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

7


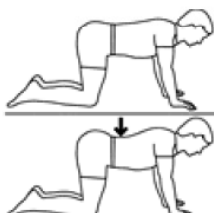

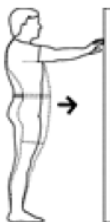
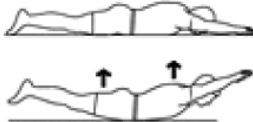

1. <div>1 X 10</div> 	2. <div>1 X 10/ Alt</div> 	3. <div>1 X 10/ 5 secs</div> 
4. <div>1 X 5/ 5 secs/ Alt</div> 	5. <div>1 X 5/ 5 secs</div> 	6. <div>1 X 20</div> 

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

8

1. <div>1 X 5/ 5 secs</div> 	2. <div>1 X 5/ 5 secs</div> 	3. <div>1 X 5/ 5 secs</div> 
4. <div>1 X 5/ 5 secs</div> 	5. <div>1 X 10</div> 	6. <div>1 X 5/ 5 secs</div> 

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

9

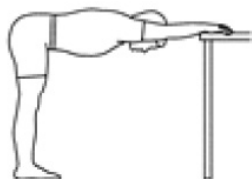
1.

1 X 10/ 5 secs



2.

1 X 10/ 5 secs



3.

1 X 5/ 5 secs/Alt

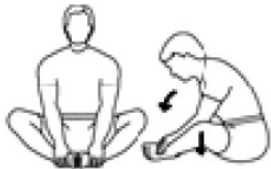







Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

10

1. 1 X 10/ 5 secs 	2. 1 X 10/ 5 secs 	3. 1 X 5/ 5 secs 
4. 1 X 5/ 5 secs 	5. 1 X 5/ 5 secs/ Alt 	6. 1 X 5/ 5 secs 

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

11

1.

1 X 5/ 5 secs



2.

1 X 5/ 5 secs



3.

1 X 5/ 5 secs



Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

12

1.

1 X 5/ 5 secs



2.

1 X 5/ 5 secs



3.

1 X 5/ 5 secs



Player's Code: ____/____

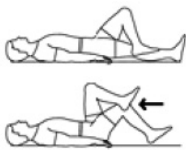
Frequency: 2 times per week

Program's Code:

13

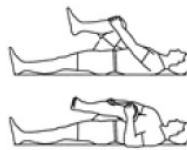
1.

1 X 5/ 5 secs



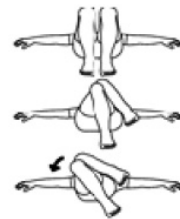
2.

1 X 5/ 5 secs



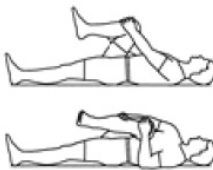
3.

1 X 10/ 5 secs



4.

1 X 5/ 5 secs



5.

1 X 5/ 5 secs



6.

1 X 5/ 5 secs



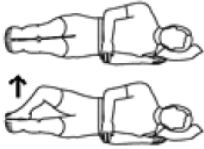


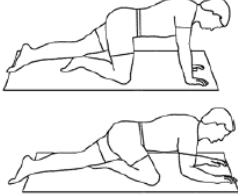


Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

14



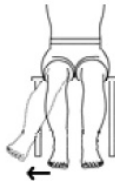
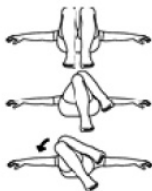
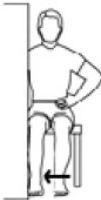
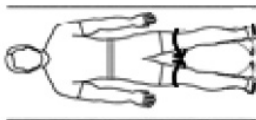
1. <div>1 X 5/ 5 secs</div> 	2. <div>1 X 10/ 5 secs</div> 	3. <div>1 X 5/ 5 secs</div> 
4. <div>1 X 5/ 5 secs</div> 	5. <div>1 X 5/ 5 secs</div> 	6. <div>1 X 10/ 5 secs</div> 

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

15


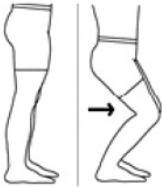



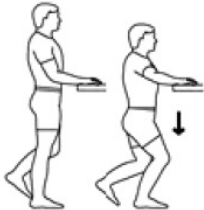
1. <div>1 X 5/ 5 secs</div> 	2. <div>1 X 10/ 5 secs</div> 	3. <div>1 X 5/ 5 secs</div> 
4. <div>1 X 10/ 5 secs</div> 	5. <div>1 X 5/ 5 secs</div> 	6. <div>1 X 5/ 5 secs</div> 

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

16

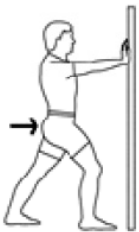


1. 1 X 5/ 5 secs/Alt 	2. 1 X 5/ 5 secs 	3. 1 X 5/ 5 secs 
4. 1 X 5/ 5 secs 	5. 1 X 5/ 5 secs 	6. 1 X 5/ 5 secs/Alt 

Player's Code: ____/____

Frequency: 2 times per week

Program's Code:

17

<p>1.</p> <p>1 X 5/ 5 secs/ Alt</p> 	<p>2.</p> <p>1 X 5/ 5 secs</p> 	<p>3.</p> <p>1 X 5/ 5 secs</p> 
<p>4.</p> <p>1 X 5/ 5 secs</p> 