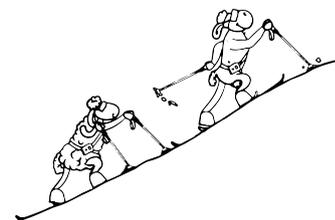


# ORTOVOX NAKED SHEEP EXERCISES

## TRAINING SESSION 1

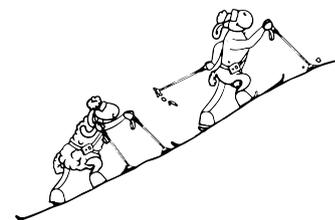


### OPEN DOORS

NO.	EXERCISE	DESCRIPTION	PICTURE 1	PICTURE 3	PICTURE 3
1	<b>COUCH STRETCH</b> Lower limb flexibility	Bring your knee as close as possible to the wall and straighten upper body backward; you need to be able to activate your glutes while your legs are bent.			
2	<b>GLUTE STRETCH</b> Lower limb flexibility	Place your foot at 90° to the wall; place your other leg over your knee and lower your glutes; your coccyx must touch the ground; don't bend at the hips.			
3	<b>THIGH STRETCH</b> Lower limb flexibility	With the help of a towel (or partner) extend your leg and bring into as vertical a position (and beyond) as possible.			
4	<b>90/90 TO BEAR SIT</b> Lower limb flexibility	Bend your knees to 90° and position one in front and one to the side of your body; with your chest puffed out, press your navel toward your knee; when switching to the other side, keep your legs extended in front of you for a while.			
5	<b>CALF STRETCH</b> Lower limb flexibility	Stand on one leg on a platform, keep your leg extended and press your heel downward; alternatively, with your back foot planted push your front knee towards a wall.			
6	<b>DIAGONAL STRETCH</b> Lower limb flexibility	With your front leg extended in front of you and high hips, try to touch your opposite heel with your hand by rotating to the side.			

# ORTOVOX NAKED SHEEP EXERCISES

## TRAINING SESSION 2

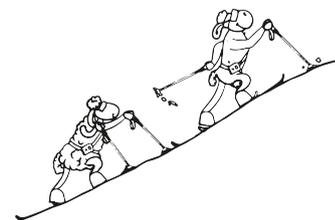


### STABILIZE MECHANICAL AXIS

NO.	EXERCISE	REP.	SERIES	REST	PICTURE 1	PICTURE 3	PICTURE 3
1	<b>DEEP KNEE BENDS</b> Stand with your feet shoulder width apart; the tips of toes should be spread naturally, slightly turned outward; get as far down as possible; your pelvis should be below the knees and your back straight.	15	3	30 – max. 45 sec.			
2	<b>DUCK WALK</b> Get down as low as possible, extend your arms forward and walk forward step by step; vary with backward movements.	20-30 Steps	3	30 – max. 45 sec.			
3	<b>WALK 10M, FIRST ON TIPTOES AND THEN ON YOUR HEELS</b> Try to cover the distance once on tiptoes and once on your heels.	2 x 10 meters each	4	30 – max. 45 sec.			
4	<b>"SKI TOUR" LUNGES</b> Lunge forward, then swing knee upward and quickly stabilize on your toes – then back.	15 per leg	4	30 – max. 45 sec.			
5	<b>PARTIAL KNEE BENDS</b> Straighten upper body, move slowly up and down, control your mechanical axis, knee must not bend inward.	15 per leg	3	30 – max. 45 sec.			
6	<b>ONE-LEGGED SHOULDER BRIDGES</b> Raise and lower extended leg and pelvis, with tension in glutes and your thighs.	15 per leg	3	30 – max. 45 sec.			

# ORTOVOX NAKED SHEEP EXERCISES

## TRAINING SESSION 3

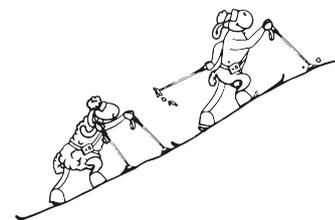


### STRENGTHEN YOUR CORE

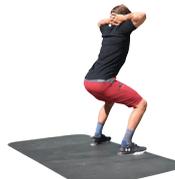
NO.	EXERCISE	REP.	SERIES	REST	PICTURE 1	PICTURE 3	PICTURE 3
1	<b>HALF CRUNCH</b> Lying down and with your arms by your side, push your hands forward while lifting your shoulder blades from the floor; maintain this position for a moment, then return to starting position.	15 - 20	3	30 sec.			
2	<b>90° LEG RAISES</b> Lying on your stomach with your head resting on the floor, bend your knee 90°, press heels upward and lift your thighs off the floor; you should feel the intensity in your lower back; maintain this position for a moment, then return to starting position.	15 - 20	3	30 sec.			
3	<b>SIDE LEG RAISES</b> Lying on your side and with your hands providing just minimal support, build tension; then raise and lower your legs; avoid rotating your pelvis.	15 per side	3	30 sec.			
4	<b>LEG RAISES ON YOUR BACK</b> Place your palms under your glutes, keep your lumbar spine (lower back) on the floor and slowly extend your legs then bend your knees; your heels should come as close as possible to the floor; take care not to "fall" into the small of your back.	15	3	30 sec.			
5	<b>SMALL COBRA</b> Lying on your stomach, raise your arms and legs from the floor; pull your elbows backward, then extend your arms again before returning to starting position.	15	3	30 sec.			
6	<b>HIP RAISES</b> On your side and supported by your bottom arm, lift your pelvis; extend and raise your top arm and leg, then bring your elbow and knee together; alternatively, lower and raise the pelvis after each rep.	15 per side	3	60 sec.			

# ORTOVOX NAKED SHEEP EXERCISES

## TRAINING SESSION 4

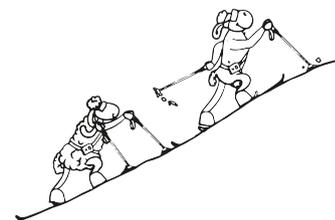


### IMPROVE YOUR PUSH-OFF

NO.	EXERCISE	REP.	SERIES	REST	PICTURE 1	PICTURE 3	PICTURE 3
1	<b>WALL SQUATS</b> Get as close as you can to the wall, place your hands on the back of your neck and bend your knees as far down as possible, taking care not to fall backward.	8 - 10	3	45 - max. 60 sec.			
2	<b>CALF RAISES</b> Stand on a 5-10cm platform and use a wall for gentle support; raise your heels as high as possible, hold the position for a moment and then return to starting position; your knees should stay extended throughout the entire set.	8 - 10	3	45 - max. 60 sec.			
3	<b>BOX JUMPS</b> Stand with both legs right in front of a 20-40cm high box; place your hands on the back of your neck; with a short, shallow bend of the knees, jump actively onto the box and extend your legs, before returning to your starting position.	8 - 10	3	45 - max. 60 sec.			
4	<b>ONE-LEG CLIMBERS</b> Push your body up over your leg on the 20-40cm high box, ensuring that your knee does not bend inward; then return your extended leg back to the floor.	8 - 10 per leg	3	45 - max. 60 sec.			
5	<b>ONE-LEGGED SHOULDER BRIDGES</b> With your shoulders raised on a box and one foot bent, lift your pelvis into a horizontal position while bringing the knee of your non-planted leg toward your chest slightly.	8 - 10 per leg	3	45 - max. 60 sec.			
6	<b>COSSACK SQUATS</b> Standing upright with your legs widely straddled, make a deep side-way knee squat to your left while simultaneously rolling your right foot back on your heel and pointing your toes toward the ceiling; return to your starting position before repeating on the other side.	8 - 10 per leg	3	45 - max. 60 sec.			

# ORTOVOX NAKED SHEEP EXERCISES

## TRAINING SESSION 5

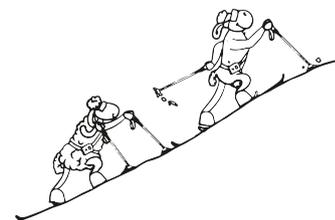


### STAY FLEXIBLE

NO.	EXERCISE	DESCRIPTION	PICTURE 1	PICTURE 2	PICTURE 3
1	<b>HIP CIRCLES</b> Hip flexibility	Standing straight, lift your knee, open your hip outward, bend your knee through 90° and push it backwards; rotate forward and backward.			
2	<b>DEEP SQUATS</b> Lower limb flexibility	Standing straight with your feet shoulder width apart, squat down as far as possible and hold the position for a few seconds.			
3	<b>PIKE STRETCH</b> Combined exercise Flexibility	Lower thigh should be positioned forward at 90°; open up your upper body backward and rotate; your pelvis should remain stable and as close to the floor as possible.			
4	<b>90/90 BEND OVER</b> Hip flexibility	In a sitting position, move your upper body forward; your navel should move towards your knee, and your back must remain straight.			
5	<b>90/90 ROTATION</b> Hip and spinal cord flexibility	In a straight sitting position, rotate your upper body left and right; you should focus on rotating toward your back leg.			
6	<b>90/90 TRANSITION</b> Combined exercise Flexibility	Alternate left to right in an upright 90/90 sitting position, keeping your upper body as straight as possible.			

# ORTOVOX NAKED SHEEP EXERCISES

## TRAINING SESSION 6



FEEL THE POWER

NO.	EXERCISE	REP.	SERIES	REST	PICTURE 1	PICTURE 3	PICTURE 3
1	<b>BUNNY HOPS</b> With your legs wide apart and your hands on the back of your neck, lower your hips down below your knee; make short forward jumps, always landing in a deep position and rolling your ankles cleanly.	10-15	3	60 sec.			
2	<b>SIT-UPS</b> In an extended position on your back, with your arms behind your head, lift your upper body; return slowly to your starting position, making sure your lumbar spine (lower back) doesn't leave the floor.	10-15	3	60 sec.			
3	<b>STANDING EXTENSION</b> Starting with your body bent forward, straighten your spine; keep your upper body bent at 45° and extend your arms upward only when your back is stable.	10-15	3	60 sec.			
4	<b>PISTOL</b> Bend one knee as deep as possible, paying attention to your mechanical axis; keep the front leg perfectly straight.	6-8 per leg	3	60 sec.			
5	<b>STANDING BALANCE</b> Maintain straight posture and load your weight on one leg, then stretch your other leg out behind you, ideally at hip height; at the same time tilt your upper body forward so your back is in line with your leg.	6-8 per leg	3	60 sec.			
6	<b>JUMP DOWNS</b> Jump from a 20–40 cm box with both legs and land in a stable position with bent knees.	6-8	3	60 sec.			