

Feel WELL 12-Week Program

Level 1 • Week 1 • STABILITY



Sets: 1 – 3 Reps: 10 – 20 Tempo: Slow > Mod Rest: 0 – 60 secs

Preparation

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SFM	Pelvic Pelvic Shoulder	Split Stance • Anterior Hip • Vertical Reach Sit • Narrow Stance • Rotation Reach Standing • Single Arm Lateral Reach	2 x 30 secs	Body	N/A
SOE	Shoulder Pelvic Ankle	Substernal Pubis Anterior Retinaculum	1 x 30 secs	Body	N/A
SME	Shoulder Pelvic Knee	Upper Latissimus Dorsi Upper Gluteus Complex Peroneal	1 x 60 -90 secs	Body	N/A
Drills	Sports position Sports position	Stationary Clock Game Tennis Ball Throws Below Knee Height	1 x 60 -90 secs	Body	N/A

Movement Stength

Low intensity

Body position	Movement	Sets, Reps, Time	Load	Rest
Posterior	Half Squat • Dumbbell <i>then</i> Double Arm, Swing Squat • Cable Low <i>and</i> Single Arm Rotational Pull	2 x 20 reps	Threshold	30 secs
Anterior	Prone • Incline Stationary Crawl Lunge • Split Stance, Dumbbell <i>and</i> Alternating Arm Bicep Lift	2 x 20 reps	Threshold	30 secs
Lateral	Lunge • Single Leg Toe Down, Dumbbell <i>and</i> Single Arm Lateral Pull Standing • Dumbbell <i>with</i> Single Arm, Lateral Shoulder Press <i>and</i> Hip Drive	2 x 20 reps	Threshold	30 secs
Rotation	Half Squat • Cable Low <i>and</i> Double Arm Woodchop Squat • Cable High <i>and</i> Double Arm, Tricep Push (same side)	2 x 20 reps	Threshold	30 secs

Recovery

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SFM	Pelvic	Split Stance • Anterior Hip • Vertical Reach	2 x 30 secs	Body	N/A
SOE	Pelvic	Pubis	1 x 30 secs	Body	N/A
SME	Pelvic	Upper Gluteus Complex	1 x 60 -90 secs	Body	N/A
Notes					

KEY

Low intensity Mid intensity High intensity Breathe & Connect

Feel WELL 12-Week Program

Level 1 • Week 2 • STABILITY



Sets: 1 – 3 Reps: 10 – 20 Tempo: Slow > Mod Rest: 0 – 60 secs

Preparation

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SFM	Pelvic Pelvic Shoulder	Split stance • Anterior hip • Vertical Reach Sit • Narrow Stance • Rotation Reach Standing • Single Arm Lateral Reach	2 x 30 secs	Body	N/A
SOE	Shoulder Pelvic Ankle	Substernal Pubis Anterior Retinaculum	1 x 30 secs	Body	N/A
SME	Shoulder Pelvic Knee	Upper Latissimus Dorsi Upper Gluteus Complex Peroneal	1 x 60 -90 secs	Body	N/A
Drills	Sports position Sports position	Stationary Clock Game Tennis Ball Throws Below Knee Height	1 x 60 -90 secs	Body	N/A

Movement Stength

Low intensity

Body position	Movement	Sets, Reps, Time	Load	Rest
Posterior	Half Squat • Dumbbell <u>then</u> Single Arm, Swing Squat • Cable Low <u>and</u> Single Arm Pull	2 x 20 reps	Threshold	30 secs
Anterior	Prone • Incline Stationary Crawl <u>with</u> Shallow Push Up Lunge • Split Stance, Dumbbell <u>and</u> Single Arm Bicep Lift	2 x 20 reps	Threshold	30 secs
Lateral	Lunge • <u>Lateral Step</u> , Dumbbell <u>then</u> Single Arm Lateral Pull Standing • Dumbbell <u>with</u> <u>Alternating</u> Lateral Shoulder Press <u>and</u> Hip Drive	2 x 20 reps	Threshold	30 secs
Rotation	<u>Squat</u> • Cable Low <u>and</u> Double Arm Woodchop Squat • Cable High <u>then</u> Double Arm, Tricep Push (alternating sides)	2 x 20 reps	Threshold	30 secs

Recovery

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SFM	Pelvic	Sit • Narrow stance • Rotation Reach	2 x 30 secs	Body	N/A
SOE	Shoulder	Substernal	1 x 30 secs	Body	N/A
SME	Knee	Peroneal	1 x 60 -90 secs	Body	N/A
Notes					

KEY

Low intensity Mid intensity High intensity Breathe & Connect

Note: Keywords underlined in Movement Strength indicate that there is a slight change in comparison to the previous week.

Feel WELL 12-Week Program

Level 1 • Week 3 • STABILITY



Sets: 1 – 3 Reps: 10 – 20 Tempo: Slow > Mod Rest: 0 – 60 secs

Preparation

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SFM	Pelvic Pelvic Ankle	Floor • Stationary Crawl Sit • Wide Stance • Rotation Reach Single Leg Balance • Rotational Reaches	2 x 30 secs	Body	N/A
SOE	Shoulder Pelvic Knee	Lateral Ribs Iliac Crest Medial Knee	1 x 30 secs	Body	N/A
SME	Shoulder Pelvic Knee	Teres Major Lower Gluteus Complex and Obturator Internus Lower Lateral Gastrocnemius	1 x 60 -90 secs	Body	N/A
Drills	Wall Sports position	Balloon Tap with Lateral Step Wall Touch Lateral Shuffle, Tennis Ball Catches	1 x 60 -90 secs	Body	N/A

Movement Strength

Low intensity

Body position	Movement	Sets, Reps, Time	Load	Rest
Posterior	<u>Squat</u> • Dumbbell <u>with</u> Double Arm, Swing Squat • Cable Low <u>and</u> Double Arm Pull	2 x 20 reps	Threshold	30 secs
Anterior	Prone • Incline <u>Prone with</u> Lateral Hand Shuffle Lunge • <u>Reverse Step</u> , Dumbbell <u>then</u> Single Arm Bicep Lift	2 x 20 reps	Threshold	30 secs
Lateral	Lunge • <u>Lateral Step</u> , Dumbbell <u>and</u> Single Arm Lateral <u>Push</u> Lunge • <u>Single Leg Toe Down</u> , Dumbbell <u>with</u> Single Arm, <u>Lateral Press</u> <u>and</u> Hip Drive	2 x 20 reps	Threshold	30 secs
Rotation	<u>Half Squat</u> • Cable <u>High and</u> Double Arm Woodchop <u>Lunge</u> • Split Stance, Dumbbell <u>and</u> Diagonal Woodchop	2 x 20 reps	Threshold	30 secs

Recovery

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SFM	Pelvic	Sit • Wide Stance • Rotation Reach	2 x 30 secs	Body	N/A
SOE	Shoulder	Lateral Ribs	1 x 30 secs	Body	N/A
SME	Knee	Teres Major	1 x 60 -90 secs	Body	N/A
Notes					

KEY

Low intensity Mid intensity High intensity Breathe & Connect

Note: Keywords underlined in Movement Strength indicate that there is a slight change in comparison to the previous week.

Feel WELL 12-Week Program

Level 1 • Week 4 • STABILITY



Sets: 1 – 3 Reps: 10 – 20 Tempo: Slow > Mod Rest: 0 – 60 secs

Preparation

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SFM	Pelvic Pelvic Ankle	Floor • Stationary crawl Sit • Wide Stance • Rotation Reach Single Leg Balance • Rotational Reaches	2 x 30 secs	Body	N/A
SOE	Shoulder Pelvic Knee	Lateral Ribs Iliac Crest Medial Knee	1 x 30 secs	Body	N/A
SME	Shoulder Pelvic Knee	Teres Major Lower Gluteus Complex and Obturator Internus Lower Lateral Gastrocnemius	1 x 60 -90 secs	Body	N/A
Drills	Wall Sports position	Balloon Tap with Lateral Step Wall Touch Lateral Shuffle, Tennis Ball Catches	1 x 60 -90 secs	Body	N/A

Movement Strength

Low intensity

Body position	Movement	Sets, Reps, Time	Load	Rest
Posterior	Squat • Dumbbell <i>with</i> <u>Single Arm</u> , Swing Squat • Cable Low <i>and</i> <u>Alternating Arm Bicep Lift</u>	2 x 20 reps	Threshold	30 secs
Anterior	Prone • Incline <u>Stationary Crawl</u> <i>with</i> <u>Deep Push Up</u> Lunge • Reverse Step, Dumbbell <i>then</i> <u>Double Arm Bicep Lift</u>	2 x 20 reps	Threshold	30 secs
Lateral	Lunge • <u>Lateral Step</u> , Dumbbell <i>and</i> <u>Single Arm Lateral Push</u> Lunge • <u>Single Leg Toe Down</u> , Dumbbell <i>with</i> <u>Single Arm</u> , <u>Lateral Press</u> <i>and</i> Hip Drive	2 x 20 reps	Threshold	30 secs
Rotation	<u>Squat</u> • Cable High <i>and</i> <u>Double Arm Woodchop</u> Lunge • <u>Forward Step</u> <i>then</i> <u>Medicine Ball</u> Woodchop	2 x 20 reps	Threshold	30 secs

Recovery

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SFM	Ankle	Single Leg Balance • Rotational Reaches	2 x 30 secs	Body	N/A
SOE	Pelvic	Iliac Crest	1 x 30 secs	Body	N/A
SME	Pelvic	Lower Gluteus Complex and Obturator Internus	1 x 60 -90 secs	Body	N/A
Notes					

KEY

Low intensity Mid intensity High intensity Breathe & Connect

Note: Keywords underlined in Movement Strength indicate that there is a slight change in comparison to the previous week.

Feel WELL 12-Week Program

Level 1 • Week 5 • **STRENGTH**



Sets: 3 – 8 Reps: 1 – 12 Tempo: Mod > Fast Rest: 0 – 3 mins

Preparation

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Shoulder Pelvic Knee	Substernal Pubis Anterior Retinaculum	1 x 30 secs	Body	N/A
SME	Shoulder Pelvic Knee	Upper Latissimus Dorsi Upper Gluteus Complex Peroneal	1 x 60 -90 secs	Body	N/A
Drills	Sports position	Stationary, Alternating Arm Rotational Reach	1 x 60 -90 secs	Body	N/A

Movement Strength (Circuit)

Mid intensity

Body position	Movement	Sets, Reps, Time	Load	Rest
Self Fascial Mobiliser	1. Single Leg Step Around 2. Single Leg Balance, Lateral Reaches 3. Reverse Step, Vertical Reach 4. Standing • Single Arm Lateral Reach	4 x 45 secs	Threshold	N/A
Movement Strength	5. Squat • Dumbbell <i>with</i> Single Arm Swing 6. Lunge • Reverse Step, Dumbbell <i>and</i> Alternating Arm, Bicep Lift 7. Lunge • Single Leg Toe Down, Dumbbell <i>with</i> Alternating Arm Lateral Press <i>and</i> Hip Drive 8. Lunge • Forward Step, <i>then</i> Medicine Ball Woodchop	4 x 45 secs	Threshold	N/A
Drill	9. Sports position • Stepping Positions	4 x 45 secs	Threshold	60 - 90 secs

Recovery

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Pelvic	Pubis	1 x 30 secs	Body	N/A
SME	Knee	Peroneal	1 x 60 -90 secs	Body	N/A
Notes					

KEY

Low intensity Mid intensity High intensity Breathe & Connect

Note: Keywords underlined in Movement Strength indicate that there is a slight change in comparison to the previous week.

Feel WELL 12-Week Program

Level 1 • Week 6 • **STRENGTH**



Sets: 3 – 8 Reps: 1 – 12 Tempo: Mod > Fast Rest: 0 – 3 mins

Preparation

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Shoulder Pelvic Knee	Substernal Pubis Anterior Retinaculum	1 x 30 secs	Body	N/A
SME	Shoulder Pelvic Knee	Upper Latissimus Dorsi Upper Gluteus Complex Peroneal	1 x 60 -90 secs	Body	N/A
Drills	Sports position	Stationary, Alternating Arm Rotational Reach	1 x 60 -90 secs	Body	N/A

Movement Strength (Circuit)

Mid intensity

Body position	Movement	Sets, Reps, Time	Load	Rest
Self Fascial Mobiliser	<ol style="list-style-type: none"> <u>Split Stance Anterior Hip Vertical Reach</u> <u>Floor Stationary Crawl</u> Reverse Step, Vertical Reach Standing • Single Arm Lateral Reach 	4 x 45 secs	Threshold	N/A
Movement Strength	<ol style="list-style-type: none"> Squat • <u>Cable Low</u> and <u>Alternating Arm Bicep Lift</u> <u>Prone</u> • <u>Incline Stationary Crawl</u> with <u>Deep Push Up</u> Lunge • <u>Lateral Step</u>, Dumbbell and <u>Double Arm Lateral Push</u> <u>Squat</u> • <u>Cable High</u>, and <u>Double Arm Woodchop</u> 	4 x 45 secs	Threshold	N/A
Drill	9. Sports position • Stepping Positions	4 x 45 secs	Threshold	60 - 90 secs

Recovery

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Pelvic	Pubis	1 x 30 secs	Body	N/A
SME	Knee	Peroneal	1 x 60 -90 secs	Body	N/A
Notes					

KEY

Low intensity Mid intensity High intensity Breathe & Connect

Note: Keywords underlined in Movement Strength indicate that there is a slight change in comparison to the previous week.

Feel WELL 12-Week Program

Level 1 • Week 7 • **STRENGTH**



Sets: 3 – 8 Reps: 1 – 12 Tempo: Mod > Fast Rest: 0 – 3 mins

Preparation

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Shoulder Pelvic Knee	Lateral Ribs Iliac Crest Medial Knee	1 x 30 secs	Body	N/A
SME	Shoulder Pelvic Knee	Teres Major Lower Gluteus Complex and Obturator Internus Lower Lateral Gastrocnemius	1 x 60 -90 secs	Body	N/A
Drills	Wall	Balloon Taps	1 x 60 -90 secs	Body	N/A

Movement Strength (Circuit)

Mid intensity

Body position	Movement	Sets, Reps, Time	Load	Rest
Self Fascial Mobiliser	<ol style="list-style-type: none"> <u>Sit</u> • <u>Wide Stance Rotation Reach</u> <u>Single Leg Step</u>, around with <u>Lateral Hip Drive</u> <u>Prone Hip Swing</u> Standing • Single Arm <u>Rotational Reach</u> 	4 x 45 secs	Threshold	N/A
Movement Strength	<ol style="list-style-type: none"> Lunge • <u>Lateral Step</u>, Cable High then <u>Single Arm Pull</u> <u>Standing</u> • Cable High, then <u>Single Arm, Horizontal Push</u> Lunge • Lateral Step, Dumbbell and <u>Single Arm Lateral Push</u> Lunge • <u>Lateral Step</u>, Cable Low, and <u>Double Arm Woodchop</u> 	4 x 45 secs	Threshold	N/A
Drill	9. Sports position • <u>Pitta Patta, Alternating Feet</u>	4 x 45 secs	Threshold	60 - 90 secs

Recovery

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Pelvic	Pubis	1 x 30 secs	Body	N/A
SME	Knee	Peroneal	1 x 60 -90 secs	Body	N/A
Notes					

KEY

Low intensity Mid intensity High intensity Breathe & Connect

Note: Keywords underlined in Movement Strength indicate that there is a slight change in comparison to the previous week.

Feel WELL 12-Week Program

Level 1 • Week 8 • **STRENGTH**



Sets: 3 – 8 Reps: 1 – 12 Tempo: Mod > Fast Rest: 0 – 3 mins

Preparation

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Shoulder Pelvic Knee	Lateral Ribs Iliac Crest Medial Knee	1 x 30 secs	Body	N/A
SME	Shoulder Pelvic Knee	Teres Major Lower Gluteus Complex and Obturator Internus Lower Lateral Gastrocnemius	1 x 60 -90 secs	Body	N/A
Drills	Wall	Balloon Taps	1 x 60 -90 secs	Body	N/A

Movement Strength (Circuit)

High intensity

Body position	Movement	Sets, Reps, Time	Load	Rest
Self Fascial Mobiliser	<ol style="list-style-type: none"> 1. <u>Standing</u> • <u>Single Arm Vertical Reach</u> with <u>Knee Drive</u> 2. <u>Anterior Knee Drive</u> with <u>Rotation</u> 3. <u>Prone Cross Leg Reach</u> 4. <u>Split Stance</u> • <u>Wide</u> • <u>Inner Hip Mobiliser</u> 	4 x 45 secs	Threshold	N/A
Movement Strength	<ol style="list-style-type: none"> 5. Lunge • Lateral Step, Cable High then Single Arm Pull, <u>High Across Body</u> 6. Standing • Cable High, then Single Arm <u>Pull</u>, <u>High Across Body</u> 7. Lunge • Lateral Step, Dumbbell and <u>Alternating Arms Lateral Push</u> 8. Lunge • Lateral Step, Cable Low, and Double Arm Woodchop 	4 x 45 secs	Threshold	N/A
Drill	9. Sports position • Pitta Patta, Alternating Feet	4 x 45 secs	Threshold	60 - 90 secs

Recovery

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Knee	Medial Knee	1 x 30 secs	Body	N/A
SME	Ankle	Lower Lateral Gastrocnemius	1 x 60 -90 secs	Body	N/A
Notes					

KEY

Low intensity Mid intensity High intensity Breathe & Connect

Note: Keywords underlined in Movement Strength indicate that there is a slight change in comparison to the previous week.

Feel WELL 12-Week Program

Level 1 • Week 9 • **POWER**



Sets: 3 – 8 Reps: 1 – 12 Tempo: Fast > Explosive Rest: 0 – 3 mins

Preparation

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Pelvic Pelvic Shoulder	Anterior Hip Capsule Greater Trochanter T-Spine / Scapula	1 x 30 secs	Body	N/A
SME	Knee Knee Ankle	Tibialis Anterior Long Adductors Lower Medial Gastrocnemius	1 x 60 -90 secs	Body	N/A

Movement Strength (Perform as Written)

High intensity

Body position	Movement	Sets, Reps, Time	Load	Rest
Self Fascial Mobiliser Movement Strength Drill	1. Split Stance Anterior Hip Vertical Reach	3 x 30 secs	Threshold	N/A
	2. Squat • Cable Low <u>and</u> Single Arm Rotational Pull	3 x 45 secs	Threshold	N/A
	3. Sports Position • Stationary Clock Game	3 x 30 secs	Threshold	60 - 90 secs
Self Fascial Mobiliser Movement Strength Drill	4. Sit • Narrow Stance, Rotation Reach	3 x 30 secs	Threshold	N/A
	5. Lunge • Split Stance, Dumbbell <u>and</u> Alternating Arm Bicep Lift	3 x 45 secs	Threshold	N/A
	6. Sports Position • Lateral Step Clock Game	3 x 30 secs	Threshold	60 - 90 secs
Self Fascial Mobiliser Movement Strength Drill	7. Standing • Single Arm Lateral Reach	3 x 30 secs	Threshold	N/A
	8. Standing • Dumbbell <u>with</u> Single Arm Lateral Shoulder Press <u>and</u> Hip Drive	3 x 45 secs 3 x 30 secs	Threshold Threshold	N/A 60 - 90 secs
	9. Pitta Patta • Lateral Shuffle Clock Game			
Self Fascial Mobiliser Movement Strength Drill	10. Floor Stationary Crawl	3 x 30 secs	Threshold	N/A
	11. Squat • Cable High <u>and</u> Double Arm, Tricep Push (same side)	3 x 45 secs	Threshold	N/A
	12. Pitta Patta • Lateral Shuffle Clock Game	3 x 30 secs	Threshold	60 - 90 secs

Recovery

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Pelvic Pelvic Shoulder	Anterior Hip Capsule Greater Trochanter T-Spine / Scapula	1 x 30 secs	Body	N/A
SME	Knee Knee Ankle	Tibialis Anterior Long Adductors Lower Medial Gastrocnemius	1 x 60 -90 secs	Body	N/A
Notes					

KEY

Low intensity Mid intensity High intensity Breathe & Connect

Note: Keywords underlined in Movement Strength indicate that there is a slight change in comparison to the previous week.

Feel WELL 12-Week Program

Level 1 • Week 10 • **POWER**



Sets: 3 – 8 Reps: 1 – 12 Tempo: Fast > Explosive Rest: 0 – 3 mins

Preparation

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Pelvic Pelvic Shoulder	Anterior Hip Capsule Greater Trochanter T-Spine / Scapula	1 x 30 secs	Body	N/A
SME	Knee Knee Ankle	Tibialis Anterior Long Adductors Lower Medial Gastrocnemius	1 x 60 -90 secs	Body	N/A

Movement Strength (Perform as Written)

High intensity

Body position	Movement	Sets, Reps, Time	Load	Rest
Self Fascial Mobiliser Movement Strength Drill	1. <u>Floor Stationary Crawl</u>	3 x 30 secs	Threshold	N/A
	2. Squat • Cable Low and <u>Double Arm Pull</u>	3 x 45 secs	Threshold	N/A
	3. Sports Position • Stationary Clock Game	3 x 30 secs	Threshold	60 - 90 secs
Self Fascial Mobiliser Movement Strength Drill	4. Sit • <u>Wide Stance</u> , Rotation Reach	3 x 30 secs	Threshold	N/A
	5. Lunge • Split Stance, Dumbbell and <u>Diagonal Woodchop</u>	3 x 45 secs	Threshold	N/A
	6. Sports Position • Lateral Step Clock Game	3 x 30 secs	Threshold	60 - 90 secs
Self Fascial Mobiliser Movement Strength Drill	7. <u>Single Leg Balance</u> , Rotational Reaches	3 x 30 secs	Threshold	N/A
	8. <u>Squat • Cable Low and Alternating Arm Bicep Lift</u>	3 x 45 secs	Threshold	N/A
	9. Pitta Patta • Lateral Shuffle Clock Game	3 x 30 secs	Threshold	60 - 90 secs
Self Fascial Mobiliser Movement Strength Drill	10. Single Leg Step Around	3 x 30 secs	Threshold	N/A
	11. Lunge • Single Leg Toe Down, Dumbbell with Alternating Arm Lateral Press and Hip Drive	3 x 45 secs 3 x 30 secs	Threshold Threshold	N/A 60 - 90 secs
	12. Pitta Patta • Lateral Shuffle Clock Game			

Recovery

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Pelvic Pelvic Shoulder	Anterior Hip Capsule Greater Trochanter T-Spine / Scapula	1 x 30 secs	Body	N/A
SME	Knee Knee Ankle	Tibialis Anterior Long Adductors Lower Medial Gastrocnemius	1 x 60 -90 secs	Body	N/A
Notes					

KEY

Low intensity Mid intensity High intensity Breathe & Connect

Note: Keywords underlined in Movement Strength indicate that there is a slight change in comparison to the previous week.

Feel WELL 12-Week Program

Level 1 • Week 11 • **POWER**



Sets: 3 – 8 Reps: 1 – 12 Tempo: Fast > Explosive Rest: 0 – 3 mins

Preparation

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Pelvic Pelvic Shoulder	Anterior Hip Capsule Greater Trochanter T-Spine / Scapula	1 x 30 secs	Body	N/A
SME	Knee Knee Ankle	Tibialis Anterior Long Adductors Lower Medial Gastrocnemius	1 x 60 -90 secs	Body	N/A

Movement Strength (Perform as Written)

High intensity

Body position	Movement	Sets, Reps, Time	Load	Rest
Self Fascial Mobiliser Movement Strength Drill	1. <u>Anterior Knee Drive</u> <i>with</i> Rotation	3 x 30 secs	Threshold	N/A
	2. <u>Lunge</u> • <u>Split Stance</u> , Cable Low <i>and</i> <u>Single Arm Pull</u>	3 x 45 secs	Threshold	N/A
	3. Sports Position • Stationary Clock Game	3 x 30 secs	Threshold	60 - 90 secs
Self Fascial Mobiliser Movement Strength Drill	4. <u>Split Stance</u> • Wide, <u>Inner Hip Mobiliser</u>	3 x 30 secs	Threshold	N/A
	5. <u>Squat</u> • Dumbbell <i>with</i> <u>Vertical Woodchop</u>	3 x 45 secs	Threshold	N/A
	6. Sports Position • Lateral Step Clock Game	3 x 30 secs	Threshold	60 - 90 secs
Self Fascial Mobiliser Movement Strength Drill	7. <u>Standing</u> • <u>Single Arm Lateral Reach</u>	3 x 30 secs	Threshold	N/A
	8. <u>Squat</u> • Cable Low <i>and</i> <u>Double Arm Bicep Lift</u>	3 x 45 secs	Threshold	N/A
	9. Pitta Patta • Lateral Shuffle Clock Game	3 x 30 secs	Threshold	60 - 90 secs
Self Fascial Mobiliser Movement Strength Drill	10. <u>Prone Cross Leg Reach</u>	3 x 30 secs	Threshold	N/A
	11. <u>Lunge</u> • <u>Single Leg Toe Down</u> , Dumbbell <i>with</i> <u>Single Arm Lateral Press</u> <i>and</i> Hip Drive	3 x 45 secs 3 x 30 secs	Threshold Threshold	N/A 60 - 90 secs
	12. Pitta Patta • Lateral Shuffle Clock Game			

Recovery

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Pelvic Pelvic Shoulder	Anterior Hip Capsule Greater Trochanter T-Spine / Scapula	1 x 30 secs	Body	N/A
SME	Knee Knee Ankle	Tibialis Anterior Long Adductors Lower Medial Gastrocnemius	1 x 60 -90 secs	Body	N/A
Notes					

KEY

Low intensity Mid intensity High intensity Breathe & Connect

Note: Keywords underlined in Movement Strength indicate that there is a slight change in comparison to the previous week.

Feel WELL 12-Week Program

Level 1 • Week 12 • **POWER**



Sets: 3 – 8 Reps: 1 – 12 Tempo: Fast > Explosive Rest: 0 – 3 mins

Preparation

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Pelvic Pelvic Shoulder	Anterior Hip Capsule Greater Trochanter T-Spine / Scapula	1 x 30 secs	Body	N/A
SME	Knee Knee Ankle	Tibialis Anterior Long Adductors Lower Medial Gastrocnemius	1 x 60 -90 secs	Body	N/A

Movement Strength (Perform as Written)

High intensity

Body position	Movement	Sets, Reps, Time	Load	Rest
Self Fascial Mobiliser Movement Strength Drill	1. Anterior Knee Drive with Rotation	3 x 30 secs	Threshold	N/A
	2. Lunge • Split Stance, Cable Low <u>then</u> Double Arm Pull	3 x 45 secs	Threshold	N/A
	3. Sports Position • Stationary Clock Game	3 x 30 secs	Threshold	60 - 90 secs
Self Fascial Mobiliser Movement Strength Drill	4. Split Stance • Wide, Inner Hip Mobiliser	3 x 30 secs	Threshold	N/A
	5. Lunge • Split Stance Dumbbell <u>and</u> Vertical Woodchop	3 x 45 secs	Threshold	N/A
	6. Sports Position • Lateral Step Clock Game	3 x 30 secs	Threshold	60 - 90 secs
Self Fascial Mobiliser Movement Strength Drill	7. Standing • Single Arm Lateral Reach	3 x 30 secs	Threshold	N/A
	8. Lunge • Split Stance, Dumbbell <u>and</u> Double Arm Bicep Lift	3 x 45 secs	Threshold	N/A
	9. Pitta Patta • Lateral Shuffle Clock Game	3 x 30 secs	Threshold	60 - 90 secs
Self Fascial Mobiliser Movement Strength Drill	10. Prone Cross Leg Reach	3 x 30 secs	Threshold	N/A
	11. Squat • Dumbbell with Double Arm Swing	3 x 45 secs	Threshold	N/A
	12. Pitta Patta • Lateral Shuffle Clock Game	3 x 30 secs	Threshold	60 - 90 secs

Recovery

Breathe & Connect

Technique	Ring	Movement, Location (FLOOR OR WALL)	Sets, Reps, Time	Load	Rest
SOE	Pelvic Pelvic Shoulder	Anterior Hip Capsule Greater Trochanter T-Spine / Scapula	1 x 30 secs	Body	N/A
SME	Knee Knee Ankle	Tibialis Anterior Long Adductors Lower Medial Gastrocnemius	1 x 60 -90 secs	Body	N/A
Notes					

KEY

Low intensity Mid intensity High intensity Breathe & Connect

Note: Keywords underlined in Movement Strength indicate that there is a slight change in comparison to the previous week.