



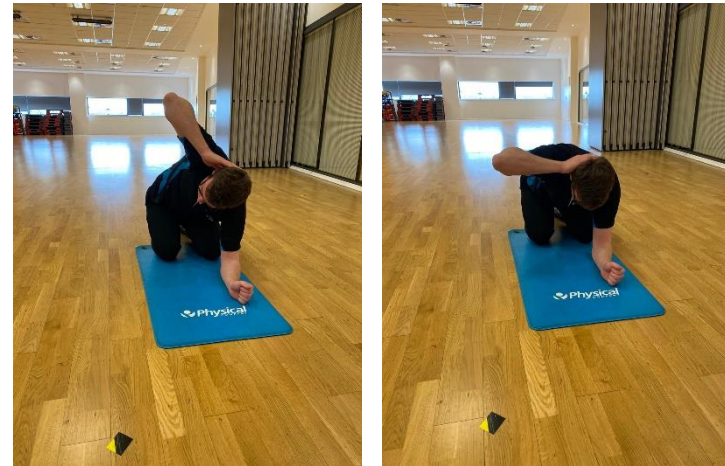
NP Pre-Pool

Exercise	Sets	Reps	Rest
Mountain Climbers	2	30 Seconds	15 Seconds
Arm Openers	2 per side	10	NA
Thoracic Rotation	2 per side	10	NA
Thoracic Extension	2	10	NA
Hamstring Mobilisation	2 per side	10	NA
Clams	2 per side	10	NA
Squats	4	10	15 Seconds

Arm Opener



Thoracic Rotation



Hamstring Mobilisation



Thoracic Extension



Clams





NP Post-Pool

Exercise	Sets	Reps	Rest
Calf Stretch	4 per side	30 Seconds	NA
Chest Stretch	4 per side	30 Seconds	NA
Hip Abductor Stretch	4	30 Seconds	NA
Hamstring Stretch	4	30 Seconds	NA
IR Hip Stretch	4 per side	30 Seconds	NA

Calf Stretch



Chest Stretch



Hip Abductor Stretch



Hamstring Stretch



Internal Rotation Hip Stretch

