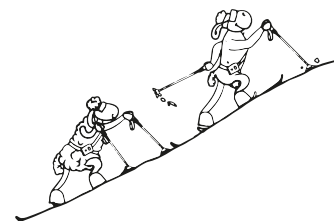










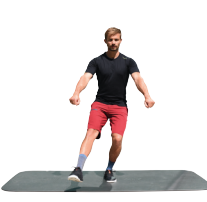






# ORTOVOX NAKED SHEEP EXERCISES

## 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.	