Phase 2  
Team  AIS/AFL Academy  
Sport  AFL  
Program Type  Core Stability

1. Stability ball knee extension 04170  
   - 2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

Combine Exercises 2 and 3 - as per demonstration at camp.

2. Stability ball bridging leg extension 00474  
   - 2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

3. Side lying hip abduction 03043  
   - 2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

4. Stability ball back extension 00837  
   - 2-3 sets. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; don't rush.

5. Stability ball rotation 04206  
   - 2-3 sets. Build up to 10-20 rotations. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; don't rush.

6. Stability ball roll out stabilization 03007  
   - 2-3 sets. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

7. Kneeling arm-leg raise 04974  
   - 2-3 sets. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets. Complete sets or until your technique is negative affected.

Complete exercise 8 every second week.

8. Prone stabilization 02071  
   - 2-3 sets. Build up to 10-15 reps holding 15sec. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

9. Band hip ER 01145  
   - 2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS.

Daily Shoulder rehabilitation and strengthening exercises

10. Band rotator cuff-ER 00581  
    - Slow and controlled movements throughout the entire movement phase. 3 x 15-20 reps on both sides.

11. Band rotator cuff-ER 00586  
    - Slow and controlled movements throughout the entire movement phase. 3 x 15-20 reps on both sides.

12. Side lying rotator cuff-ER 03466  
    - Slow and controlled movements throughout the entire movement phase. 3 x 15-20 reps on both sides. Start at a very light weight.

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.