

RPT Physical Training Guide

Static Stretch Routine

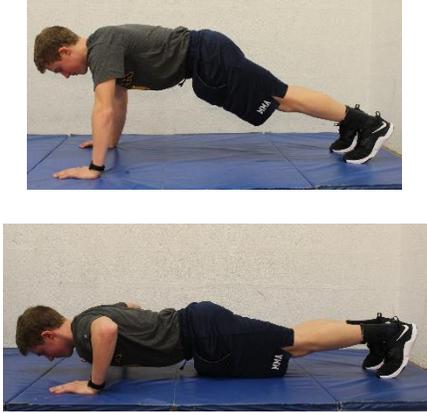
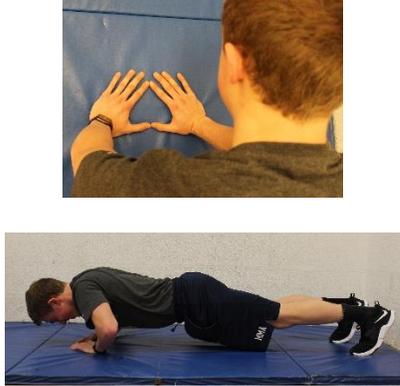
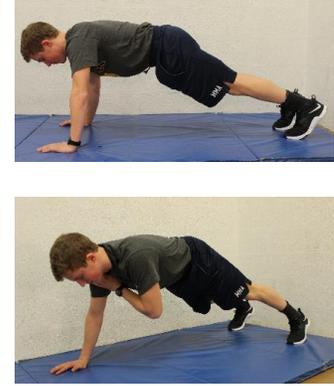
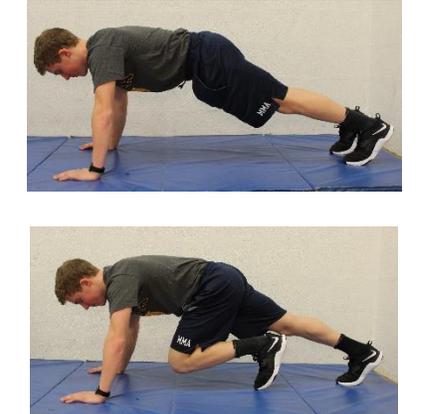
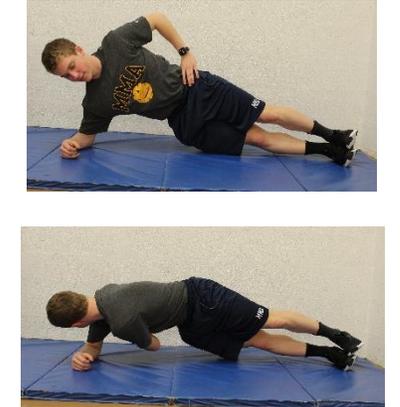
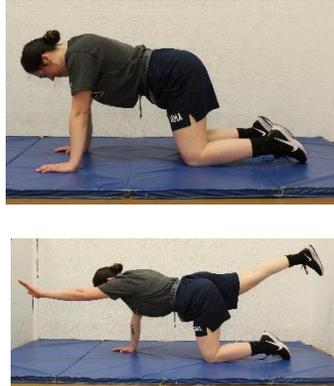
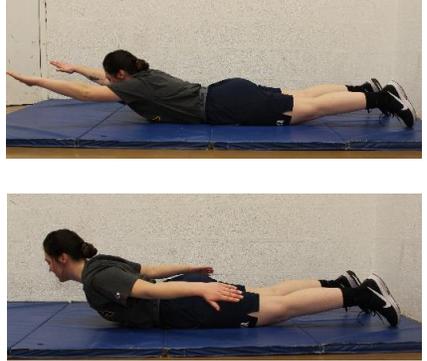
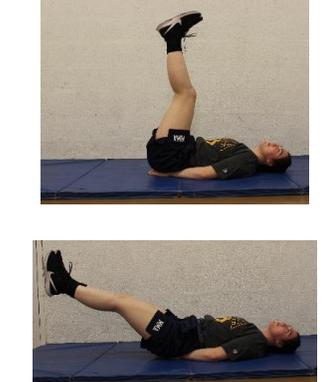
<p>Kneeling Hip Flexor</p> 	<p>Half Kneeling Groin/Adductor</p> 	<p>Knee to Chest: Low Back</p> 
<p>Lying Cross Body: Low Back</p> 	<p>Figure-4: Piriformis</p> 	<p>Seated Hamstring</p> 
<p>Side Lying Quadriceps</p> 	<p>Calf</p> 	<p>Overhead Triceps</p> 
	<p>Cross Body Posterior Shoulder</p> 	

DB = Dumbbell

Band exercises can be done with cable machine.

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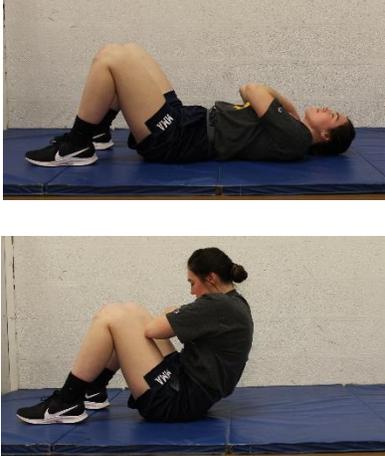
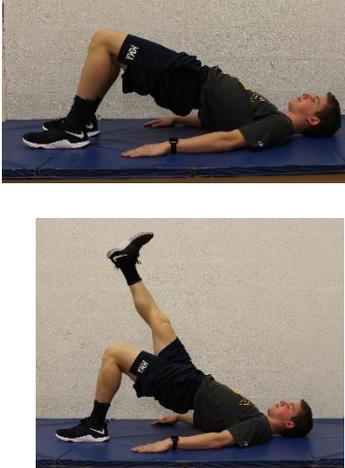
Training Exercises

Push-up	Diamond Push-Up	Plank Shoulder Tap
		
Mountain Climbers	Side Plank & Rotational Side Plank	Bird Dogs
		
Prone Fly	Flutter Kick	Leg Raise
		

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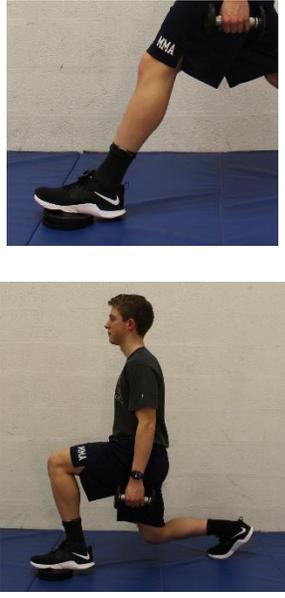
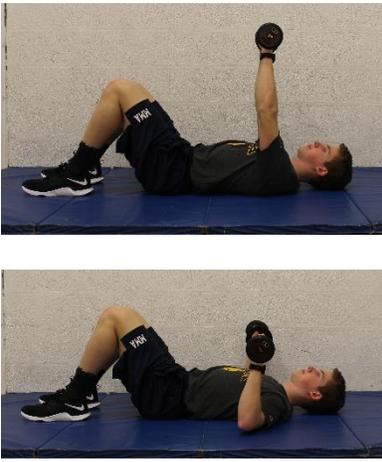
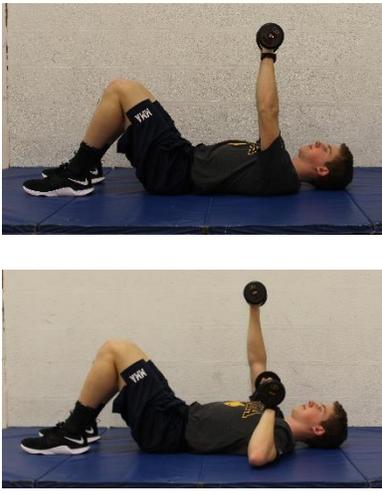
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Sit-Up	V-Up	Hip Bridge & Single Leg Bridge
		
Lunge (Finishing Position)	Squat (Bottom Position)	Burpee (Crouch, Plank, Jump)
		

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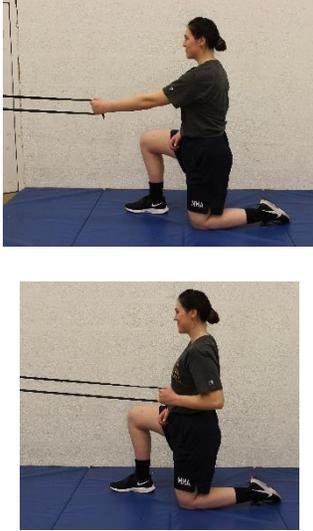
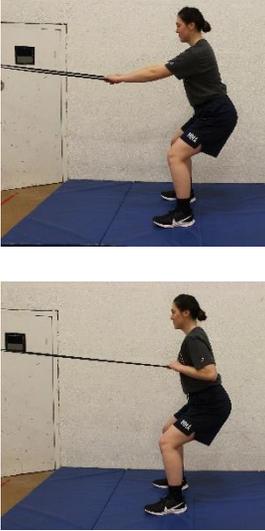
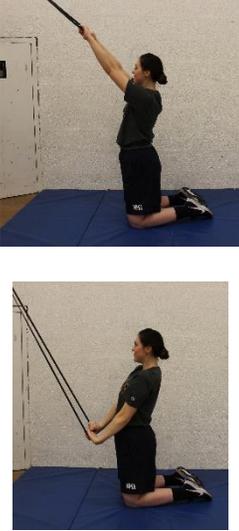
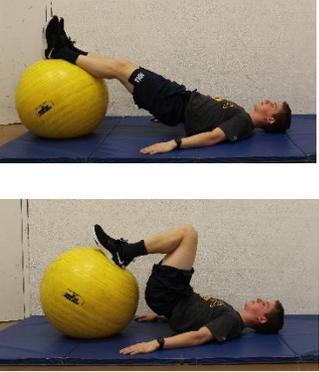
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DB Goblet Squat / 2DB Front Squat	DB Half Kneeling Shoulder Press	DB Front Foot Elevated (FFE) Lunge
		
DB Bench Press (performed on floor or bench)	DB Alternating Bench Press	DB Single Leg RDL
		

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Half-Kneeling One-Arm Band Row	Standing Band Row	Standing or Kneeling Band Straight Arm Pulldown
		
<p>Stability Ball Hamstring Curl</p>	<p>Plate I, Y, T</p>	
		

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