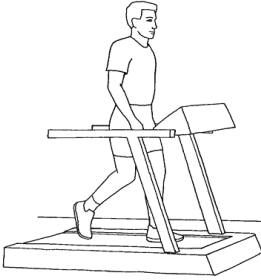

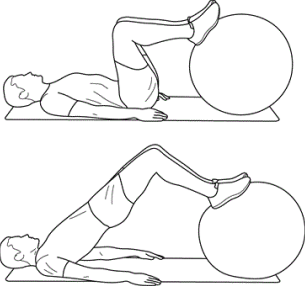
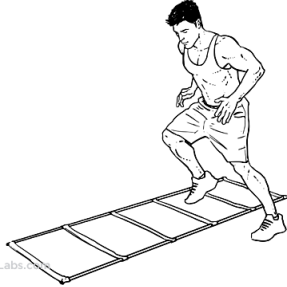




# ACL Exercise Circuit

## Phase 3

Jogging on Treadmill		
Bilateral Jumps Off Step		
Gym Ball Bridge		
Ladder		

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [pals.team@gwh.nhs.uk](mailto:pals.team@gwh.nhs.uk)

Our Values

Service Teamwork Ambition Respect

Document control

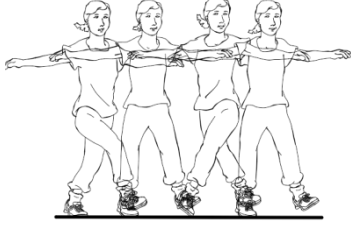
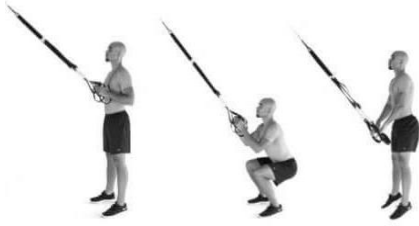
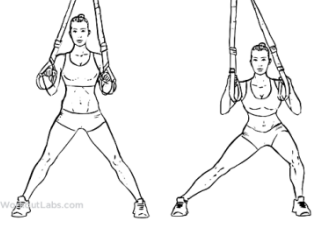

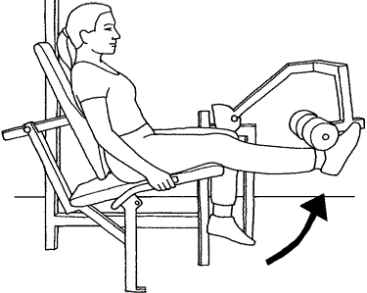

Directorate

Approved Date


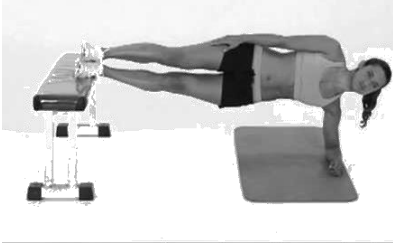
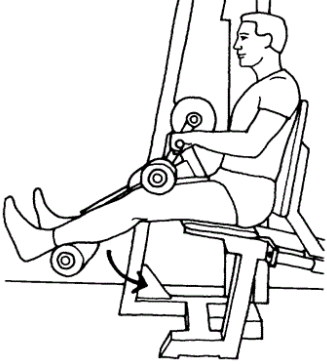
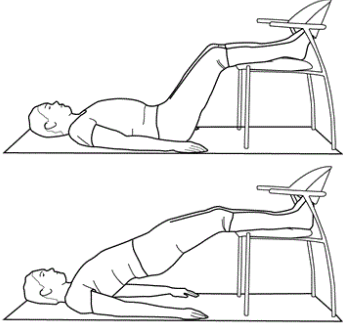
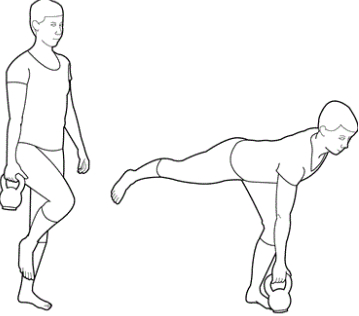
Next Review Date

Document Number

# ACL Exercise Circuit Phase 3

<p>Grapevine</p>		
<p>TRX Jumps</p>		
<p>TRX Side Lunges</p>		
<p>TRX Hamstring Curls</p>		
<p>Leg Extension Machine</p>		
<p>Jump/Hop Along Zig Zag Line</p>		

# ACL Exercise Circuit Phase 3

<p>Run Onto Bosu Ball</p>		
<p>Adductor Chair Bridge</p>		
<p>Hamstring Curl Machine</p>		
<p>Bridge On Chair</p>		
<p>Single Leg Dead Lift</p>		



# ACL Exercise Circuit Phase 3

<p>Sport Specific Training</p>		
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