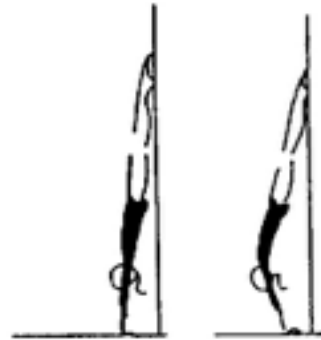


Conditioning exercises for Backward Walkover



Start By trying to hold each exercise for 30 sec's

When you can hold each exercise for 30 sec's repeat the sequence

Then build to 3 x 30 sec's