





**Conditioning:**

UBE	X	X	X						
Bike (stationary)		X	X	X	X	X	X	X	X
Aquatic program			X	X	X	X	X	X	X
Swimming (kicking)				X	X	X	X	X	X
Walking				X	X	X	X	X	X
Stair climbing machine				X	X	X	X	X	X
Ski machine				X	X	X	X	X	X

**Running:** straight

X X X X

**Cutting:** lateral carioca, figure 8's

X X X

**Full sports**

X X