





**Conditioning:**

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

**Running: straight** X

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

**Full sports** X