

# The Sports Injuries & Fitness Clinic

## Strength Exercises Part 1

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[www.thesportsinjuries-fitnessclinic.co.uk](http://www.thesportsinjuries-fitnessclinic.co.uk)

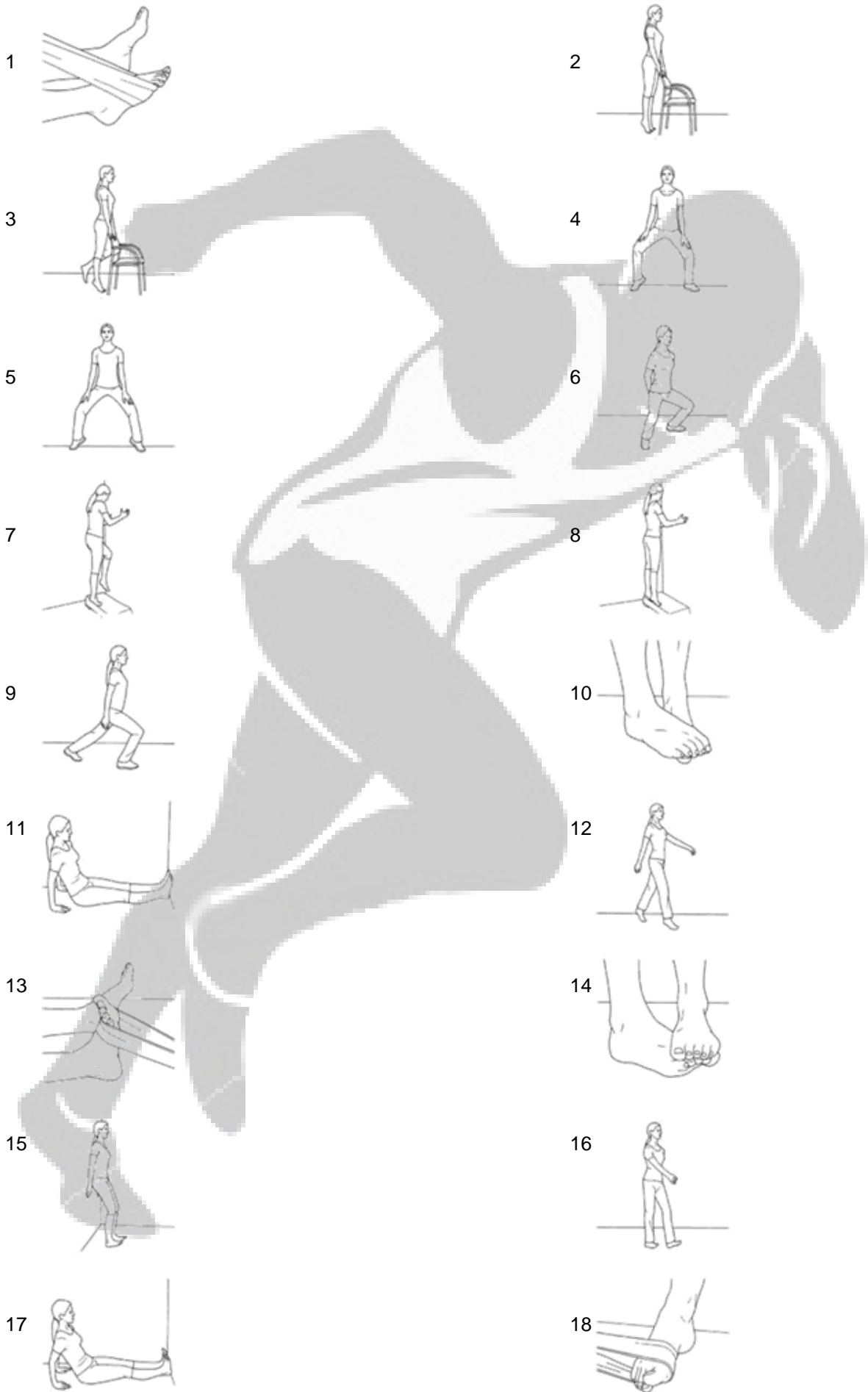
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MEMBER

# Ankle & Calf



## Ankle & Calf

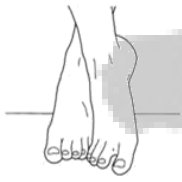
19



20



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23



## Elbow

24



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26



27



28



29



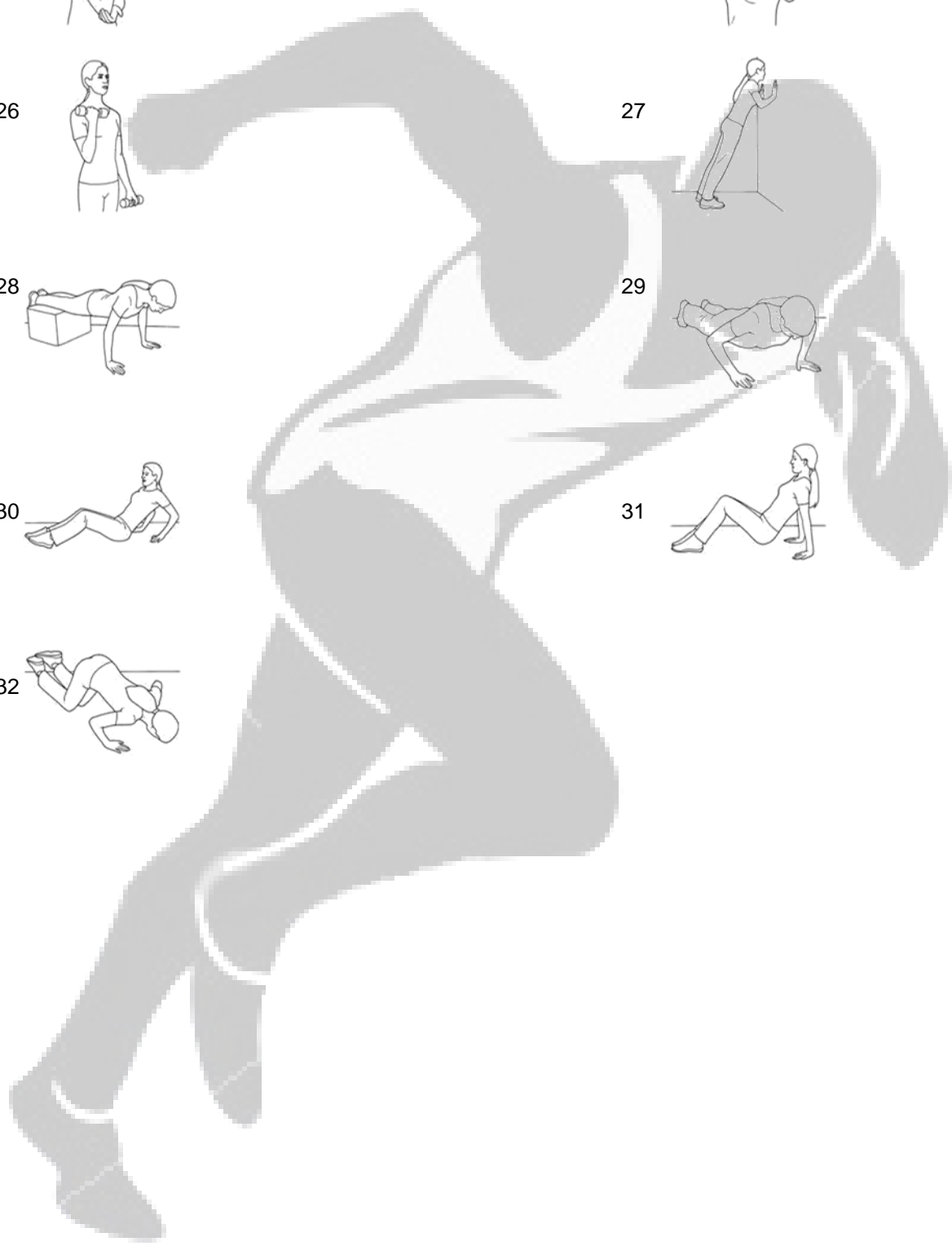
30



31



32



# Glutes

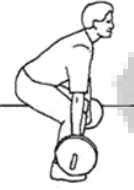
33



34



35



36



37



38



## Hamstrings

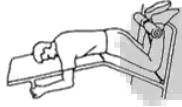
39



40



41



# Hip

42



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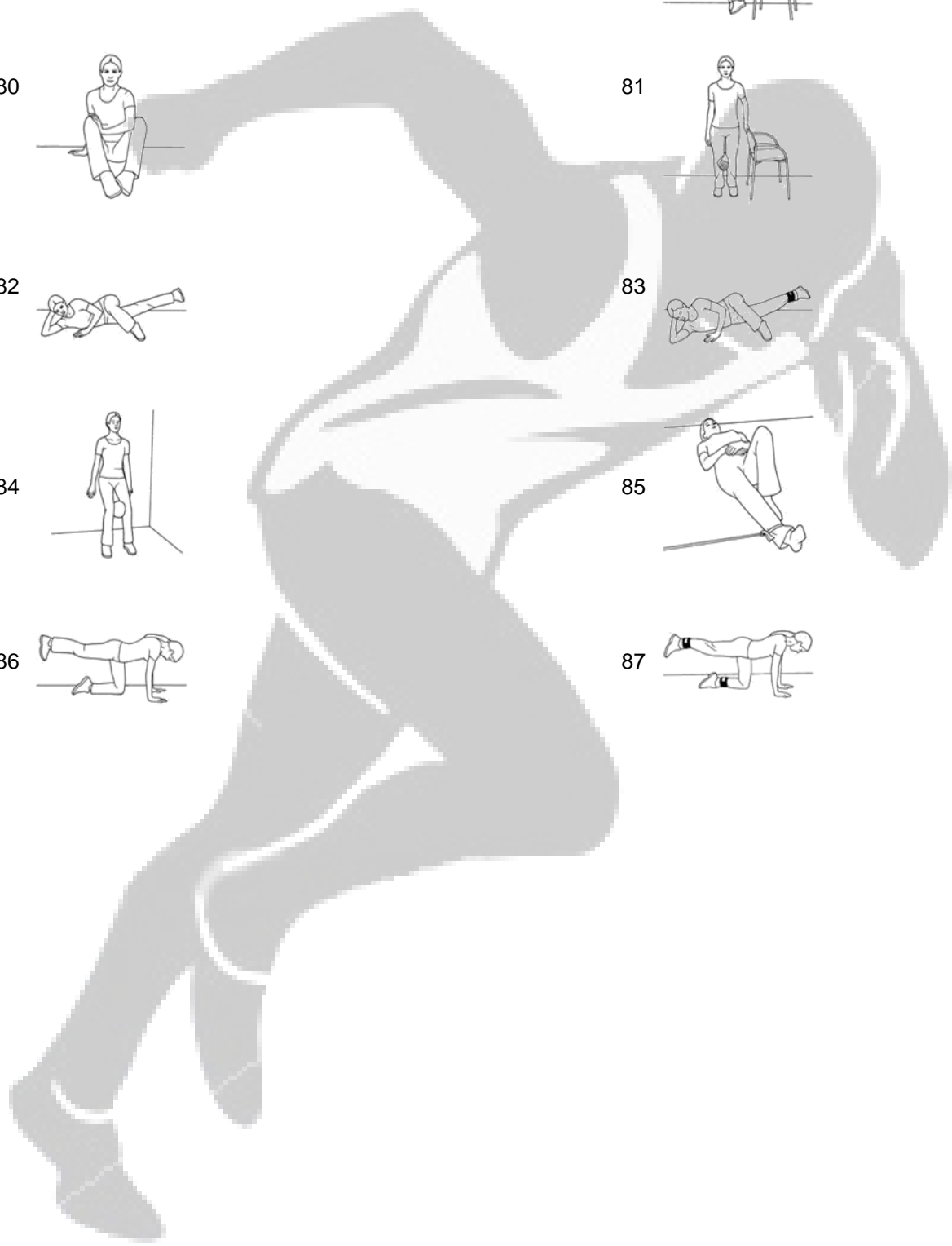
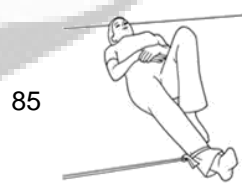
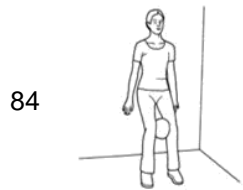
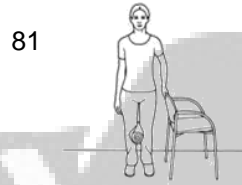
59



# Hip



# Hip



# Hip

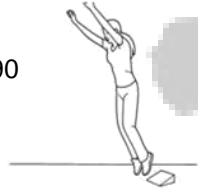
88



89



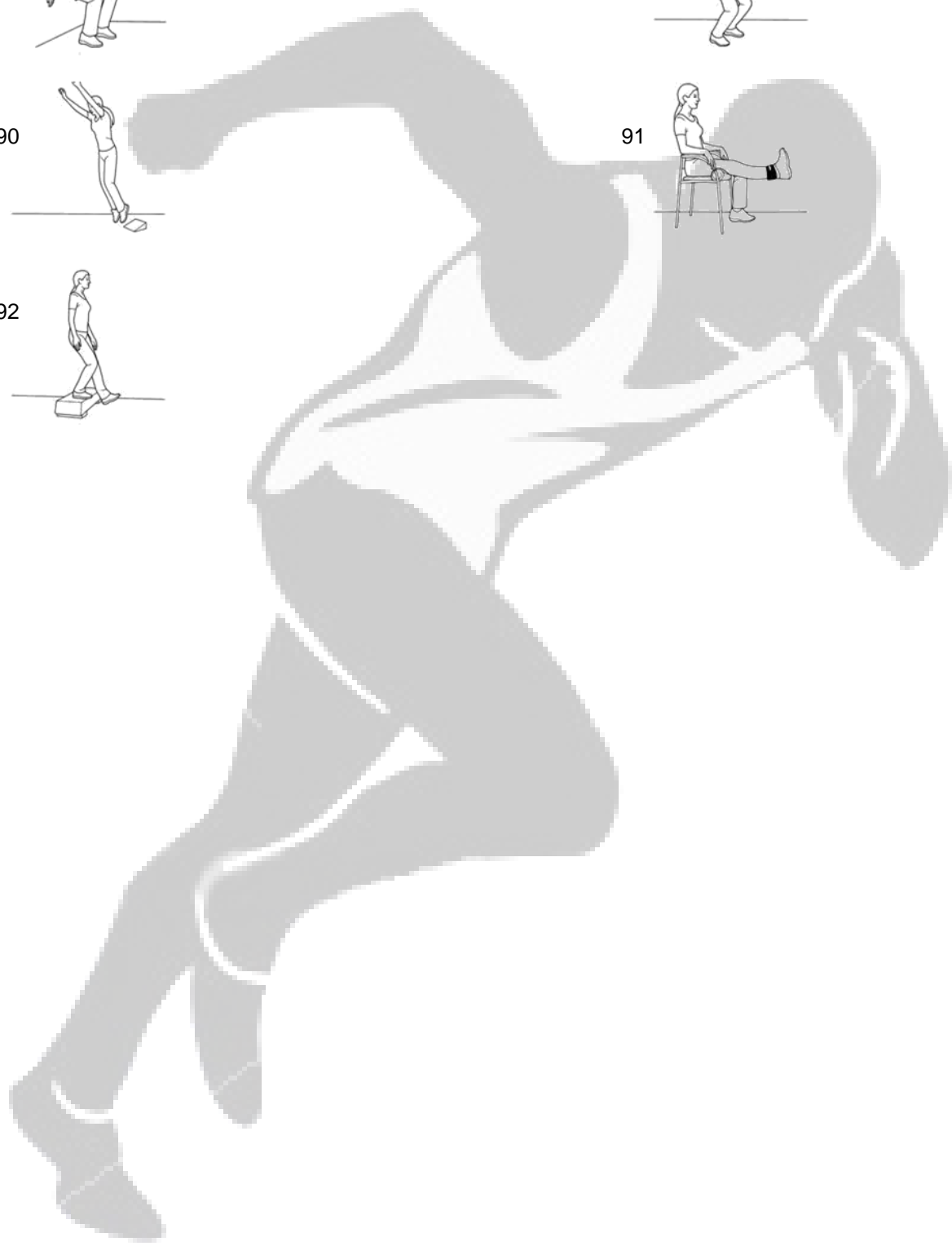
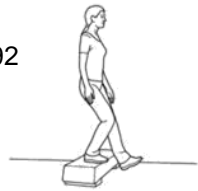
90



91



92



# Lower Trunk

93



94



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97



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99



100



101



102



103



104



105



106



107



108



109



110



# Quadriceps

111



112



113



114



115



116



117



118

