

ACT

2 Sets / 10 Reps / 0.1kg weight



1. Plank with one arm weighted row

Get in to a press up position with a weight in one hand. Keeping a straight line from your head to your feet and lift the weight up and down, moving your elbow towards the ceiling. There will be a slight rotation in your torso.

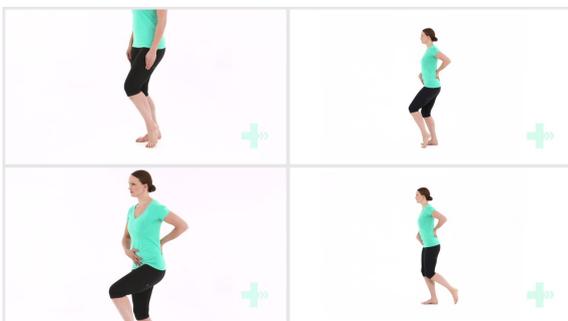
2 Sets / 10 Reps



2. Lunge - with rotation

Start Position is standing upright with the legs one pace apart. Perform a full forward lunge by taking a large pace forward so the thigh of the front leg is perpendicular to the trunk and the rear leg is stretched out with the toes on the floor, make sure to keep the trunk upright and the abdominals tight. Rotate the trunk to the same side as the forward leg and sink further into the lunge position. A stretch should be felt in the hip flexors of the rear leg. Pause in this position for 1- 2 seconds only. Rise out of the lunge using the power of the front leg, then step through to perform the exercise on the opposite leg.

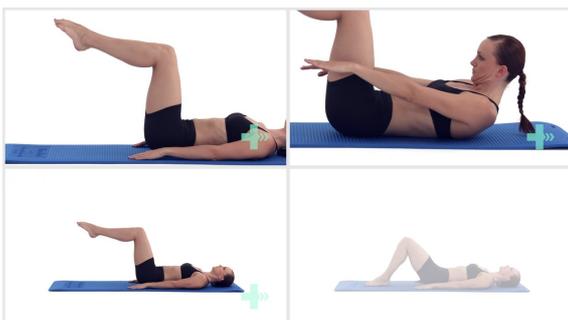
2 Sets / 10 Reps



3. SLSq hold "scooter"

Stand up straight and take your weight onto one leg. Bend this leg so that you are in a semi squat. Your knee should be directly forwards over your toes. Ensure you keep your core strong and your back straight, tilting your body forwards and pushing your hips back behind you. Holding this position, bend your other leg and bring it forwards and up. Straighten this elevated leg back out behind you, touching your toe to the floor behind. Continue this movement with your elevated leg, ensuring your stance leg and body remain in the same position throughout.

2 Sets / 10 Reps



4. Abdominals crunch in table-top position

Lie on your back and bring your legs up to a Table-Top position, keeping a 90 degree angle through your knees and hips. Lift your arms off the floor and tuck your chin to your chest. Reach your hands towards your feet, curling your upper body off the floor. Control the movement back down, keeping your chin tucked in. You may find it helps to push your tongue into the roof of your mouth.



5. 4 point kneeling - hip extension to abduction

Start on your hands and knees with your hands under your shoulders and knees under your hips.

Begin arching your back by pushing your tail bone out, making a dish with your spine.

Then, round your back by tucking your tail bone in.

Find the mid-position and keep your back straight by gently tightening your pelvic floor and deep abdominal muscles, pulling your belly button in towards your spine.

Leading with your heel, lift one leg up behind you, keeping your knee at 90 degrees.

Think about pushing the sole of your elevated foot up towards the ceiling.

Extend as far as able ensuring you do not arch your back or twist your hips as you do this.

Next, bring your knee to the outside, ensuring your foot stays aligned with your hip.

Hold this position.

Control the movement as you bring your knee back down towards the floor, then repeat.