

ACT

2 Sets / 10 Reps



1. 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.

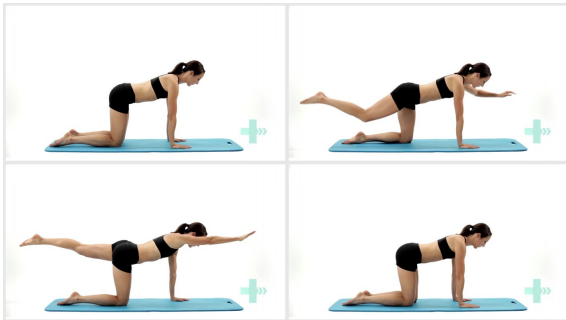
2 Sets / 10 Reps / 1 s hold



2. Side plank on knees with hip abduction

Lie on your side and prop yourself up on your elbow.
Bend your knees and lift your hips off the mat until you have a straight line from your knees to the top of your head.
Holding this position, straighten your top leg out, and then lift it directly up towards the ceiling.
Ensure this leg does not travel forwards.
Control the movement as you lower the leg back down and then repeat.

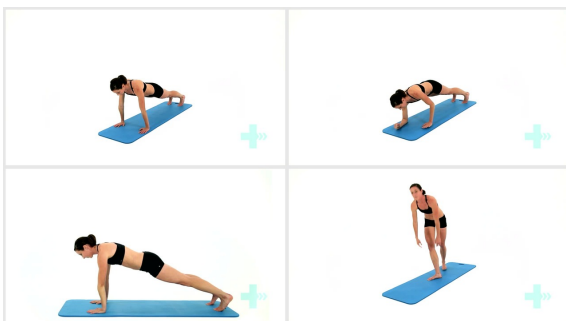
2 Sets / 10 Reps



3. Bird dog (1 or 2 limbs at a time)

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
Tighten the abdominal core muscles.
Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.
Do not allow your body or hips to rotate.
Repeat on the other side.

2 Sets / 10 Reps / 1 s hold



4. Plank to push-up

Start in a press up position with a straight line from your head to your feet.
Keeping your back straight lower yourself down onto your elbows, then push back up on to your hands.
Do not allow the back to sag at any point.



5. Dynamic hip flexor and trunk rotation stretch "deep lunge"

Start in a plank position with your hands under your shoulders and your legs and body straight back behind you.

Step one leg forwards outside of your hands.

Sink your hips down towards the floor between both feet.

Lift your hand closest to your front foot up.

Reach it up towards the ceiling, turning your upper body and head with the movement.

Allow your head to follow the movement so that your gaze looks out to the side.

Return your hand to the floor, then step this leg back.

Repeat on the other side.