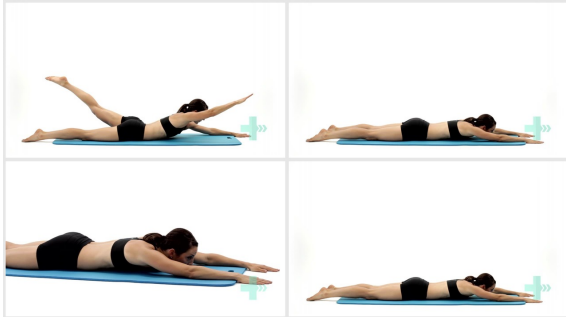


ACT

2 Sets / 10 Reps



1. Prone alternate arm-leg lift

Lie on your front with your head in a neutral position.
Extend your arms straight out in front of you.
Simultaneously lift one arm and the opposite leg, clenching your buttock muscles and your abdominal muscles to maintain stability in your body.
Keep a neutral alignment with your head throughout the movement.
Lower the arm and leg together, then repeat with the other pair.

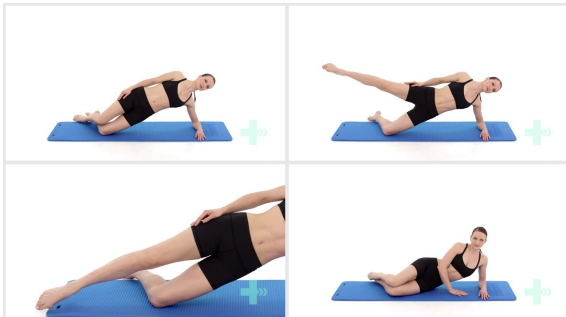
2 Sets / 10 Reps / 1 min duration



2. Bicycle - supine

Start position is lying on your back with the hands behind the neck.
Lift both legs off the floor and begin a cycling motion, maintain a curl through the trunk and perform at a slow pace without jerking on the neck.
Attempt to touch the elbow the to the opposite knee throughout the cycling movement and as the leg extends, keep it straight and then lower it until it is just off the floor before retracting it back inwards towards the body
Do not allow the lower back to arch off the floor during the movement.

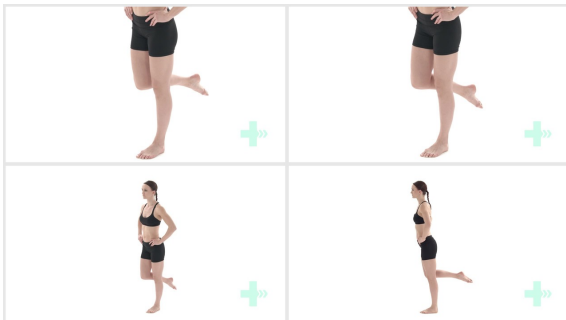
2 Sets / 10 Reps / 1 s hold



3. 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



4. SLSq

Stand near a wall or table for support if you need it.
Balance on your affected leg.
Keeping the heel on the ground, bend your knee, ensuring the knee travels directly forwards over your toes.
Straighten back up fully, and repeat the movement.



5. Standing hip abduction

Stand straight, holding a chair or table for balance.

Keeping your affected leg straight, slowly move it out to the side.

Control the leg as you bring it back in to the starting position, and then repeat the movement.

Make sure you do not lean your body or hitch your hip up as you move your leg.