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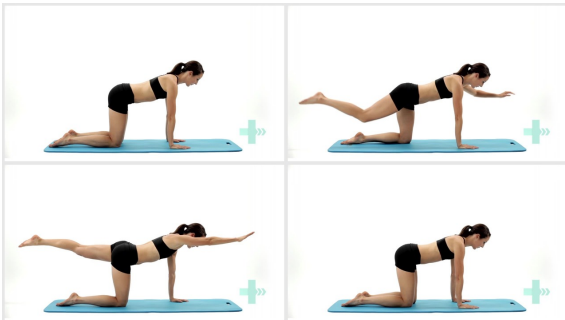
2 Sets / 3 Reps / 10 s hold



**1. Pilates cobra**

Lie face down with your legs open at hip width apart and the top of your feet on the floor.  
Rest your forehead on the mat and relax your shoulders.  
Bend your elbows and place your forearms on the mat with your palms facing down directly under the shoulders.  
INHALE: press your palms and extend your elbows, raising your chest and head of the mat.  
EXHALE: lower your torso and head slowly back to the floor.  
Engage your abdominals to support your back.  
Keep your head aligned with the spine.  
At the extension, reach outwards, elongating your spine.

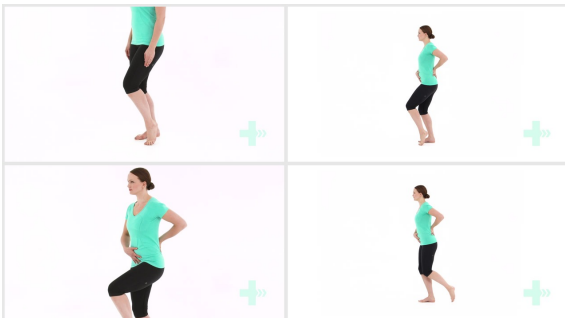
2 Sets / 10 Reps



**2. 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



**3. SLSq hold "scooter"**

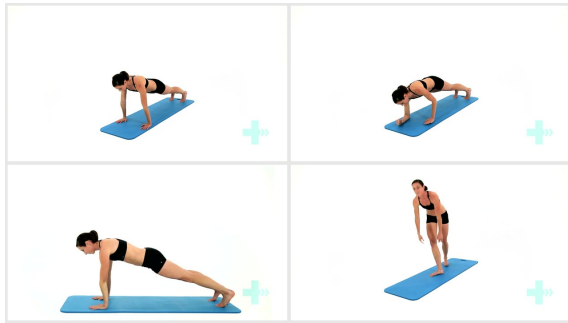
Stand up straight and take your weight onto one leg.  
Bend this leg so that you are in a semi squat.  
Your knee should be directly forwards over your toes.  
Ensure you keep your core strong and your back straight, tilting your body forwards and pushing your hips back behind you.  
Holding this position, 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. SLSq arabesque**

Stand up straight on your affected leg.  
Lift your other leg out behind you.  
Take your gaze to approximately one stride in front of you.  
Ensuring your knee travels directly over your toes, perform a squat on your stance leg.  
As you bend your knee, lean your body forward, reaching your hands towards the floor.  
Control the movement as you straighten back up again and repeat.  
Ensure you hold your elevated leg in a steady position throughout.



### 5. 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.