

ACT

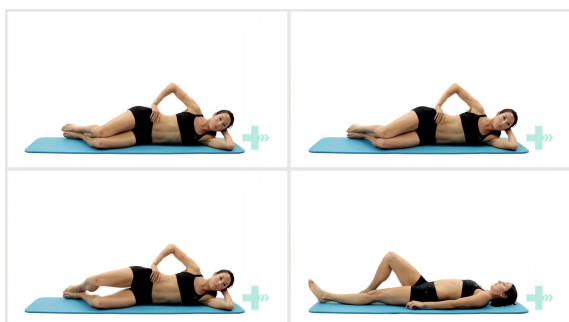
3 Sets / 10 Reps / 2 s hold



1. BRIDGE

Lie on your back.
Bend both knees and place your feet flat on the bed.
Lift your buttocks from the bed.
Place your buttocks back on the bed.
Repeat this exercise and remember to continue to breathe properly.

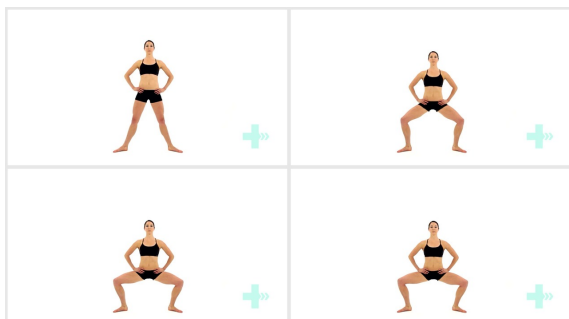
3 Sets / 10 Reps



2. Clam shells

Lie on your side with your feet, ankles and knees together.
Bend the legs a little and tighten your core stability muscles.
Keeping the feet together, lift the top knee up.
Make sure you don't roll your body back with the movement.
Control the movement as you bring the knee back down to the starting position.

3 Sets / 10 Reps



3. Plie

Stand with your legs a stride apart and turn your feet outwards.
Squat down, bending your knees out over your toes and keeping your back straight.
You may want to hold this position.
Control the movement back to the start position, fully straightening the knees.