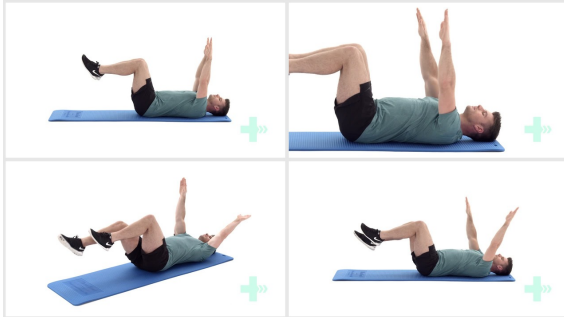


ACT

3 Sets / 10 Reps



1. Supine dead bugs

Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees.

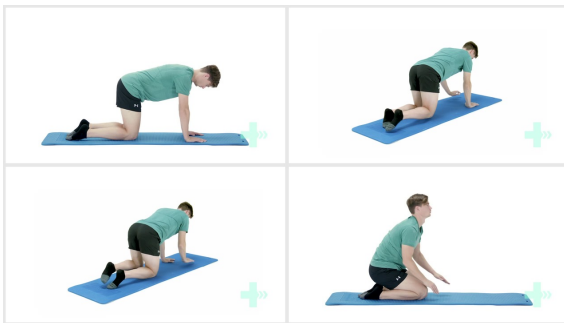
Raise your arms straight up vertically over your head.

Keeping your back flat, lower the opposite arm and leg away from one another towards the floor.

Do not allow anything else to move and make sure your back stays flat on the floor.

Return to the start position and repeat with the other pair.

3 Sets / 10 Reps / 1 s hold



2. Bird dog

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 body.

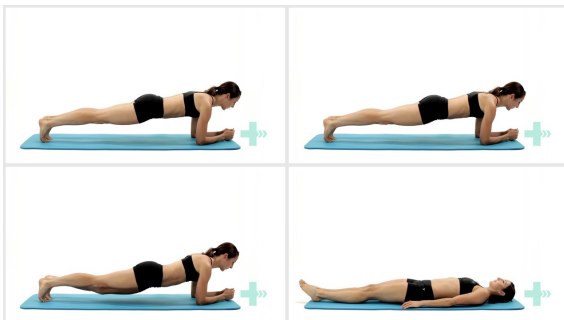
Do not allow your body or hips to rotate.

You should have a straight line from the tips of your fingers to the tips of your toes.

Ensure you do not arch your back.

Control the movement as you lower your arm and leg back down and repeat on the other side.

3 Sets / 10 Reps / 10 s hold



3. Plank (Can also be done on knees)

Lie on your front with your toes on the floor.

Place your forearms on the floor and push up, lifting your torso and legs.

Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.

Keep your buttocks squeezed and your hips level.

You will feel the core muscles working.