

ACT

2 Sets / 10 Reps

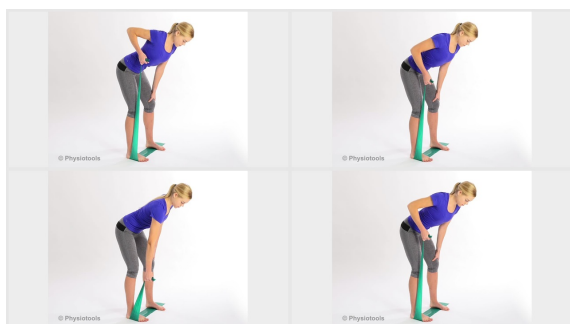


1. Alternating Forward Lunge with a Twist

Start in standing holding a ball or a weight with both hands.

With one leg, take a step forwards, squat down. At the same time rotate your trunk and bring the ball towards the outside of the front leg. Maintain lower extremity alignment with pelvis pointing straight forwards. Step back to the starting position and repeat towards the other side.

2 Sets / 10 Reps



2. Single hand Exercise Band Bent Over Row

Stand with slightly bent knees. Bend forwards from your hips and take support from your thigh with one hand. Let your other arm hang straight down and hold one end of an exercise band with the other end placed under your feet. Lengthen and align your spine through your sitting bones to the top of your head.

Pull your elbow back and feel your shoulder blade moving towards the spine. Lower the arm down in a controlled manner.

Note. Keep your shoulders down and maintain the width of your chest and back.

2 Sets / 10 Reps



3. Bent Over Lateral Raise with Exercise Band

Stand holding both ends of an exercise band that is placed under your feet. Tilt forward from your hips. Lengthen and align through your sitting bones to the top of your head.

Lift your arms out to the side to approximately shoulder level. Lower the arms down in a controlled manner.

Note. Keep your shoulders down and maintain the width of your chest and back.

2 Sets / 10 Reps



4. Knee Hover Bird Dog

Begin on all fours in the tabletop position. Place your knees under your hips and your hands under your shoulders. Maintain a neutral spine by engaging your abdominal muscles.

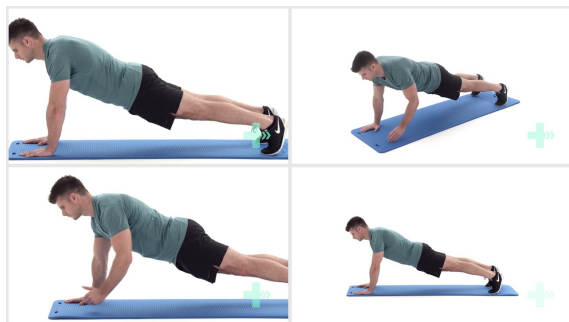
Draw your shoulder blades together. Raise your knees off the floor a few inches and maintain this position.

Raise your right arm and left leg, keeping your shoulders and hips parallel to the floor.

Lengthen the back of your neck and tuck your chin into your chest to gaze down at the floor.

Hold this position for a few seconds, then lower back down to the starting position.

Repeat with opposite arm and leg while keeping your knees off the floor.



5. Plank one arm row

Get in to a press up position.

Keeping a straight line from your head to your feet, lift the arm up and down, moving your elbow towards the ceiling.

There will be a slight rotation in your torso.

2 Sets / 10 Reps / 2 s hold



6. Superman holds in prone

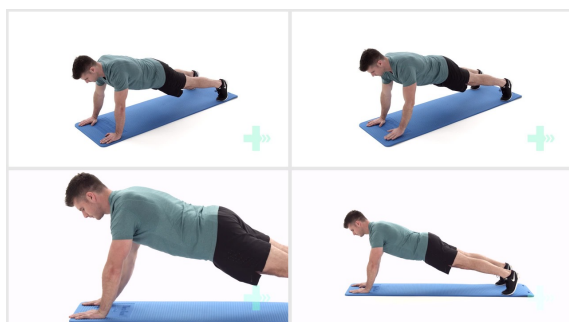
Lie on your front with your head in a neutral position.

Extend your arms straight out in front of you, and activate your core stability muscles.

Simultaneously lift both arms and both legs, clenching your buttock muscles and your lower back muscles.

Maintain a neutral alignment with your head throughout the movement.

2 Sets / 10 Reps / 2 s hold



7. Plank to push-up position

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 your back to sag at any point.