

ACT

3 Sets / 10 Reps



1. Resisted Pallof press in squat

Stand up straight with a resistance band tied to one side around waist height. Hold the ends of the resistance band in both hands with your arms fully straightened in front of you.

Step your feet slightly wider than hip-distance apart and ensure you are far enough away from the band that there is some tension.

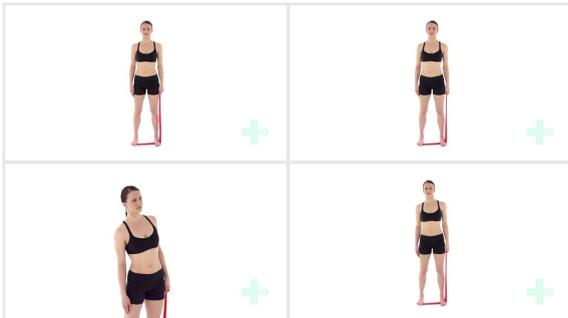
Keeping your body facing directly ahead, push your hips back behind you, and bend your knees down into a squat.

Control the movement against the pull of the band by ensuring your knees, hips and shoulders remain directly ahead.

Drive through your heels to stand up.

Repeat, ensuring you keep your arms straight and your body facing ahead.

3 Sets / 10 Reps / 5 s hold



2. Resisted lumbar side flexion

Stand up straight with your feet hips width apart.

Fix a resistance band securely under one foot with the other end held in your hand on the same side.

With your arm relaxed by your side, gather up some tension in the band.

Keeping your back upright and gaze directly ahead, lean to your side away from the band.

Slide your free hand directly down the side of your thigh, making sure you do not allow your body to lean forwards.

Once you have reached as far as you can go, control the movement as you slowly return to the starting position.

3 Sets / 10 Reps / 5 s hold

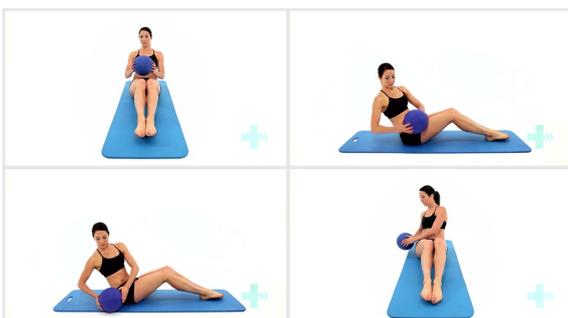


3. Plank - on stability ball

Get into a plank position with your elbows on a stability ball.

Hold this position with your back flat and a straight line from your head to your feet.

3 Sets / 10 Reps / 1kg weight



4. Reclined sit up twist feet down - with medicine ball

Sit on a mat and hold a medicine ball in both hands.

Recline backwards, keeping your back straight and your heels on the mat.

Rotate side to side, touching the ball to the floor by your hip.

Make sure you keep your back straight throughout this movement.



5. Side plank on knees with resisted hip abduction

Lie on your side and prop yourself up on your elbow.

Tie a tensioned resistance band around your thighs, just above your knees.

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.