

ACT

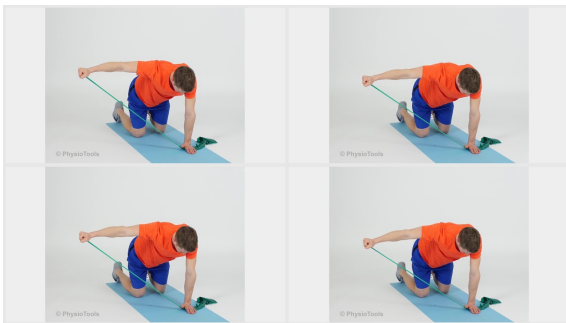
3 Sets / 10 Reps / 1 s hold



### 1. High plank with trunk rotation

Lie on your front with your hands under your shoulders.  
Push yourself up into a plank position with your hands under your shoulders and a straight line from your head to your heels.  
Holding this straight position, lift one arm up towards the ceiling.  
Allow your head and body to follow the movement.  
You may rotate a little on the balls of your feet.  
Return your hand to the floor and repeat on the other side.

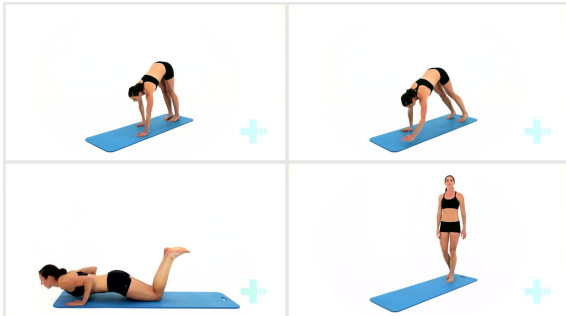
3 Sets / 10 Reps



### 2. Horizontal Shoulder Abd with Exercise Band

On your hands and knees, hands under shoulders and knees under hips. Hold the end of an exercise band in one hand and secure the band with the other hand.  
Maintain the neutral position of your back.  
Lift one arm to the side and squeeze the shoulder blade in. In a controlled manner, return to the starting position.

3 Sets / 10 Reps



### 3. Walkout to kneeling push up

Start in a standing position and keep your back straight.  
Place your hands on the floor and walk them away from you until you reach a press-up position.  
Lower yourself on to your knees, maintaining a straight line from your head to your knees, and perform a press-up.  
Push yourself back on to your toes, and walk your hands back towards your feet.