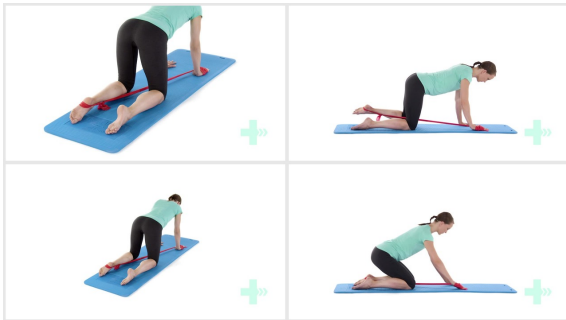


ACT

3 Sets / 10 Reps



1. Resisted bird dog

Start on your hands and knees with your hands under your shoulders and knees under your hips.

Have a resistance band tied in a loop around one foot and hold the other end in your opposite hand.

With your back flat and your neck in a neutral position, tighten your abdominal muscles to maintain this position.

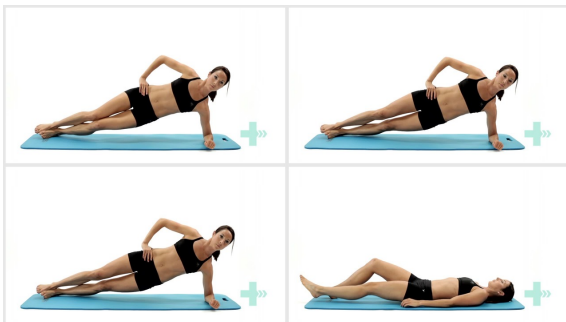
Straighten your opposite arm and leg out, the ones with the band attached.

Ensure your body remains in the same position.

Do not allow your hips to rotate.

Control the movement as you move your arm and leg back in to the starting position, and then repeat.

3 Sets / 10 Reps / 1 s hold



2. Side plank

Lie on your side, propping yourself up on your elbow.

Keep your legs straight and stacked on top of one another.

Use your elbow and feet to push the body off the floor, and maintain a straight line from your head to your feet.

Hold this position for as long as you can, preventing the hips from sagging.

3 Sets / 10 Reps / 1 min duration



3. Bicycle - supine

Start position is lying on your back with the hands behind the neck.

Lift both legs off the floor and begin a cycling motion, maintain a curl through the trunk and perform at a slow pace without jerking on the neck.

Attempt to touch the elbow to the opposite knee throughout the cycling movement and as the leg extends, keep it straight and then lower it until it is just off the floor before retracting it back inwards towards the body

Do not allow the lower back to arch off the floor during the movement.