

Capital Hydrotherapy
8/2 King Street
Deakin, ACT, 2600

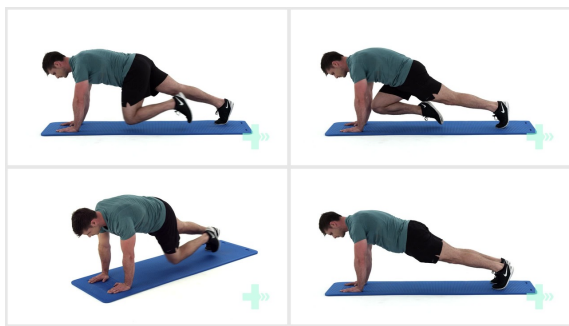
2 Sets / 6 Reps



1. Reverse lunge into high knee lift

Stand up straight and take a large stride behind you with one leg. Keeping the movement flowing, drop your hips directly down towards the floor by bending both your knees and hips to 90 degrees. Simultaneously, lift both of your arms out in front of you. Spring back up from this position, driving your rear leg forwards into a high knee position towards your hands. Return to the lunge position, and repeat.

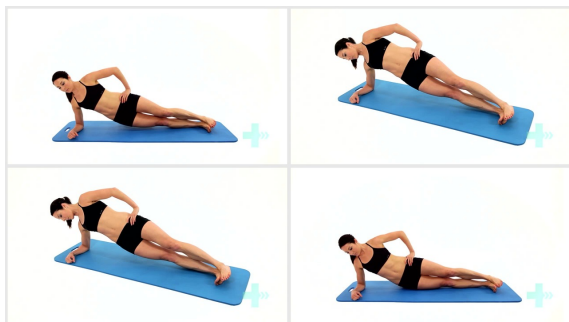
2 Sets / 6 Reps / 20 sec duration



2. Mountain climbers

Adopt a plank position insuring your hands are directly beneath your shoulders. Fully flex one hip and hold. Extend the bent leg to the rear and repeat the movement pattern on the opposite side

2 Sets / 6 Reps / 1 s hold



3. Side plank with dip

Lie on your side and lift yourself in to a plank on your elbow, with a straight line from your head to your feet. Drop your hips down until they are just off the floor, and then bring them back up.