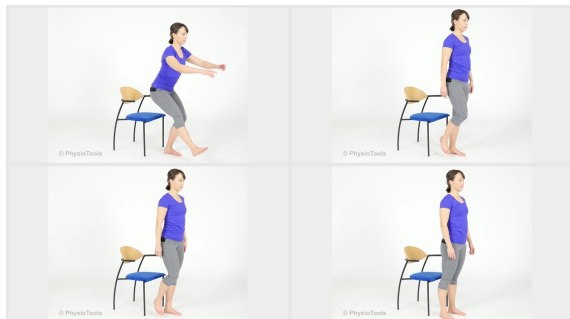


Capital Hydrotherapy  
8/2 King Street  
Deakin, ACT, 2600

2 Sets / 6 Reps



**1. Single-leg Chair Squat**

Stand tall on one leg in front of a sturdy chair.

Squat down by moving hips backward and down. Maintain a neutral position in your spine. Foot stays flat on the floor and knee aligned with the toes. As soon as you can feel the seat under your buttocks push up back to standing.

2 Sets / 6 Reps



**2. Push ups - with rotation**

Start Position is the same as the standard push up.

Perform three pushups keeping your body in a straight line.

After the third pushup hold at the top of the action and then raise the left hand toward the sky, hold for one second and then return to the push up position then switch arms and reach upwards with the right arm.

The number of pushups performed in phase one of the exercise should be adapted to cater for the level of personal fitness.

2 Sets / 6 Reps / 30 sec 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 the 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.