

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

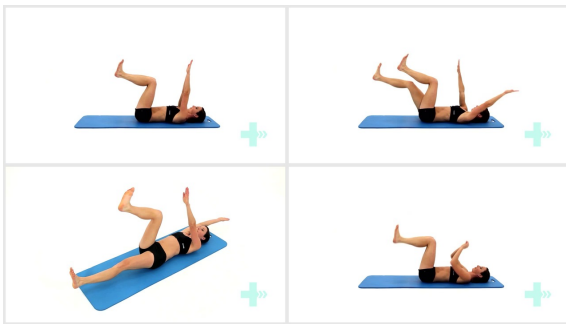
2 Sets / 6 Reps



1. Lunge curtsy

Stand up straight with your hands on your hips.
Take a large stride behind and across you with one leg.
Keeping the movement flowing, drop your hips directly down towards the floor by bending both of your knees to 90 degrees.
Spring back up from this position, driving your rear leg forwards and back to the start position.
Repeat with your other leg.

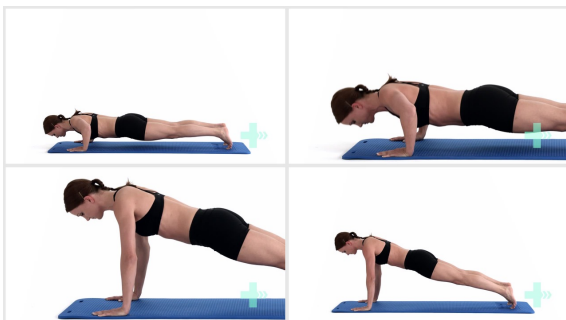
2 Sets / 6 Reps



2. Dead bugs

Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees.
Raise your arms straight up vertically over your head.
Keeping your back flat, lower the opposite arm and leg away from one another towards the floor.
Do not allow anything else to move and make sure your back stays flat on the floor.
Return to the start position and repeat with the other pair.

2 Sets / 6 Reps / 1 s hold



3. Push up with straight body

Move down into the prone position with your hands directly underneath your shoulders with your toes and balls of your feet in contact with the floor.
Push upwards extending your arms out straight but do not lock your elbows at the top of the movement.
Pause briefly and then lower back down in a controlled manner until your chest is just off the floor.
Keep your back straight and engage your abdominal muscles throughout the exercise to prevent your trunk from sagging.