

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

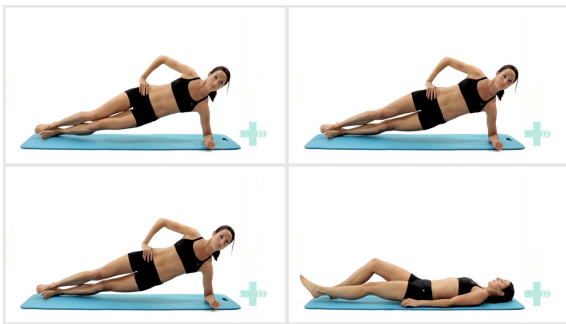
3 Sets / 10 Reps



1. Calf raise

Start in a balanced stance with your feet shoulder width apart and then raise yourself up on your toes as high as possible. Return back to the starting position.

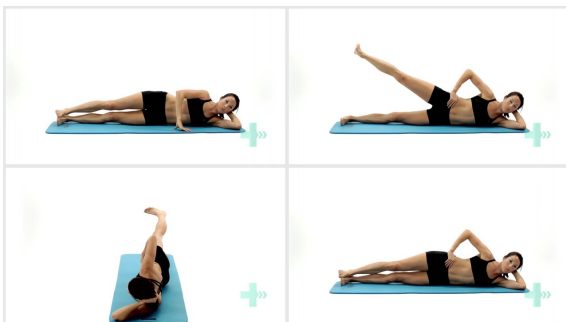
3 Sets / 10 Reps / 1 s hold



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.

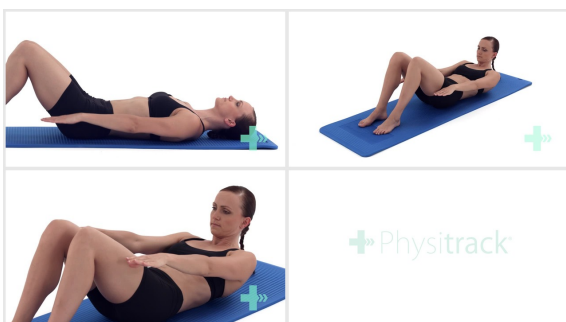
3 Sets / 10 Reps



3. Hip abduction - side lying

Lie on your good side, making sure there is a straight line from your head, through your trunk, down your legs to your toes. Straighten your legs and pull the toes up towards you. Raise the top leg straight up, then control the motion back down. Ensure your leg goes directly up, as though sliding up and down a wall.

3 Sets / 10 Reps / 1 s hold



4. Crook abdominals crunch

Lie on your back with your legs bent and your feet on the floor. Lift your arms off the floor and tuck your chin to your chest. Reach your hands towards your knees, curling your upper body off the floor. Control the movement back down, keeping your chin tucked in. You may find it helps to push your tongue into the roof of your mouth.