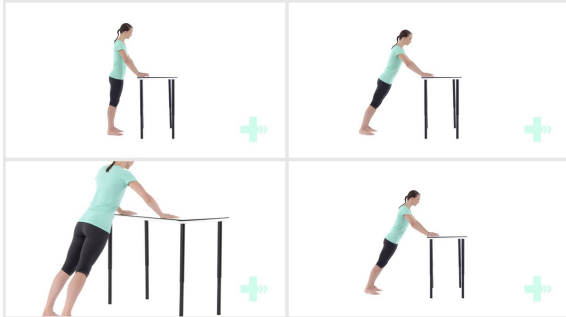


ACT

3 Sets / 10 Reps



### 1. Push up on worktop

Stand up straight facing a sturdy surface the height of a sink or worktop. Place your hands onto the worktop slightly wider than shoulder-width. Lean against the worktop, and walk your feet back so that you have a straight line from your head to your feet. Keeping your legs and body in a straight line, bend your elbows, bringing your chest and hips in towards the worktop. Make sure your body stays straight. Push through your hands to straighten your arms back out again. Continue this movement.

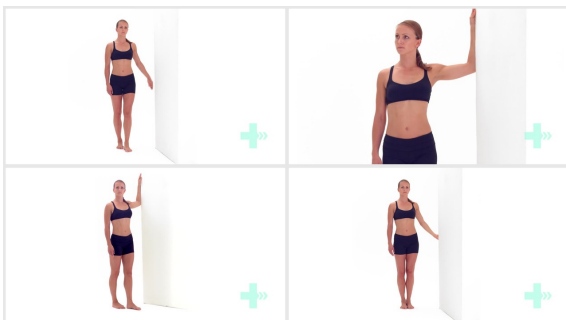
3 Sets / 10 Reps



### 2. Tricep dips

Start in a seated position. Place your hands on the seat of the chair and use your arms to move yourself forwards towards the front of the chair. You will need to move your feet further forwards to help your stability. From this position, use the strength of your arms to slowly lower your body directly down towards the floor and then raise yourself back up. Do not actually sit on the floor and keep your hands close in beside you. Relax and repeat.

2 Sets / 2 Reps / 20 s hold



### 3. Pec stretch - mid fibres with pec minor

Stand with your affected side closest to the wall and place your forearm down a door frame around shoulder height. Keeping your forearm on the wall, take one step forward on the leg closest to the wall and slowly rotate your chest away until you feel a stretch across your chest. Be careful not to allow the shoulder to hunch. Hold this position.