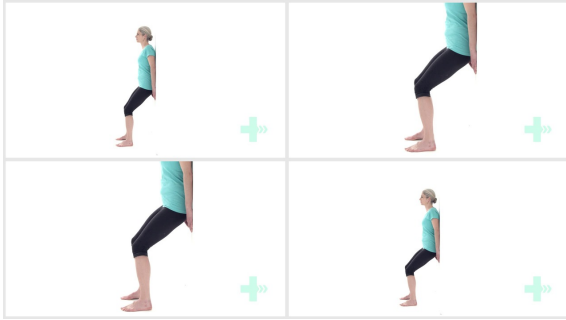


ACT

3 Sets / 10 Reps / 1 s hold



1. Wall squat holds

Stand up straight leaning your back on a wall.
Step your feet forwards, away from the wall.
Your feet should be shoulder width apart.
Keep your back against the wall whilst you bend your knees and slide down the wall.
Your knees should travel over your second and third toes.
Only go as far as you feel able to before holding this position.
Slowly straighten your knees back up to standing.

3 Sets / 10 Reps



2. Calf raise holding on

Stand with both legs straight and at hip-width apart.
Hold on to a wall or supportive object for balance.
Rise up onto your toes, keeping your legs straight, and control the movement back down to the start position.

2 Sets / 2 Reps / 20 s hold



3. Shoulder flexion stretch, hands on table

Stand in front of a table or work surface.
Place your hands on the edge of the table.
Slide your hands forwards, bending at the hips to lean your body.
Aim to have your head tucked between your arms.
You should feel a stretch in the shoulders.
Hold this position before you slowly stand up.