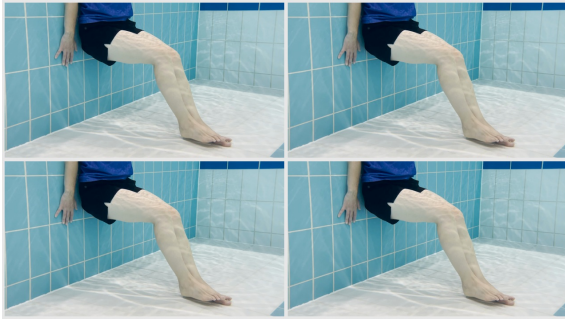


ACT

2 Sets / 10 Reps



1. Wall Pilates: Single Leg Knee Lift Alternating

Sit against wall with feet hip width apart. Place gentle pressure through your feet to keep your bottom and shoulders against wall. Maintain slight gap between lower back and the wall (neutral spine). Engage your deep core muscles as you slowly lift one foot off the ground. Lift your knee as high as high as comfortable while maintaining core engagement and stable pelvis. Return foot to ground slowly. Repeat. For extra resistance, place a band around your knees.

2 Sets / 10 Reps



2. Wall Pilates: Long Lever Rainbow

Sit against wall with feet hip width apart. Place gentle pressure through your feet to keep your bottom and shoulders against wall. Maintain slight gap between lower back and the wall (neutral spine). Engage your deep core muscles as you straighten one leg and rest toes on ground. Draw a rainbow with the straight leg and tap your toes to the ground out to the side. Repeat the rainbow as you return leg back to starting position. Repeat with other leg. For extra resistance, place a band around your knees.

2 Sets / 10 Reps



3. Wall Pilates: Heel Slide to Stork

Sit against wall with feet hip width apart. Place gentle pressure through your feet to keep your bottom and shoulders against wall. Maintain slight gap between lower back and the wall (neutral spine). Breathe in, one heel slides up the opposite leg. Breathe out, same knee rotates out to the side, keeping the hips facing forward. Breathe in, return the knee to centre. Breathe out, the leg slides back down alongside the other. Repeat with alternating legs. For extra resistance, place a band around your knees.

2 Sets / 10 Reps



4. Wall Pilates: Straight Leg Circles

Sit against wall with feet hip width apart. Place gentle pressure through your feet to keep your bottom and shoulders against wall. Maintain slight gap between lower back and the wall (neutral spine). Straighten one leg, squeezing your thigh muscle, lift leg to hip height. Draw foot in a circle, with all movement coming from your hip. Reverse the direction of the circle. Can have either ankle plantar-flexion or dorsiflexion. Repeat with other leg. For extra resistance, place a band around your knees.