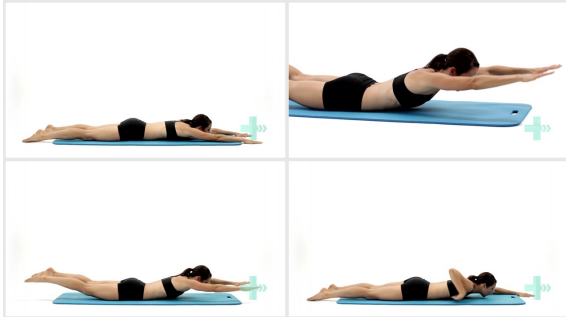


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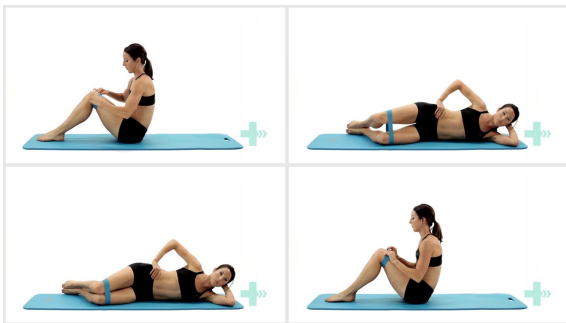
2 Sets / 10 Reps / 1 s hold



1. Prone back extension - Superman

Lie on your front and extend your arms straight out in front of you. Simultaneously lift and lengthen your arms and legs. Hold for a moment and then return to the starting position.

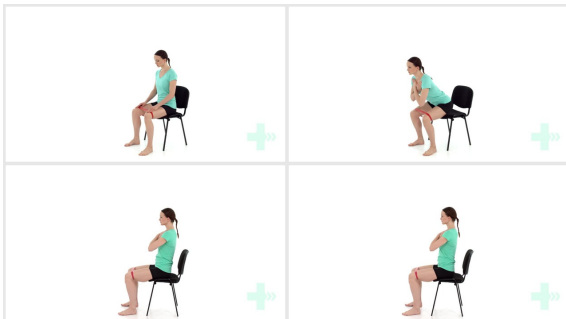
2 Sets / 10 Reps



2. Resisted clam shells

Lie on your side and place a band above your knees, approximately an inch or two above the knee joint. Bend your legs a little, keeping the feet in line with your back. Use your core stability muscles to keep the body stable. Keeping your feet together, lift the top knee up against the resistance of the band. Ensure you stay on your side and do not roll your hips and your body back with the movement. Lower the knee back down, controlling the resistance.

2 Sets / 10 Reps



3. Sit to stand with resisted hip external rotation

Sit up straight on a chair with a resistance band tied just above your knees. Keep your legs just wider than hips width apart, with some tension in the band. Cross your hands over your chest and stand up, pushing your knees outwards against the resistance of the band. Control the movement as you sit back down. The slower you do this exercise, the harder it is.

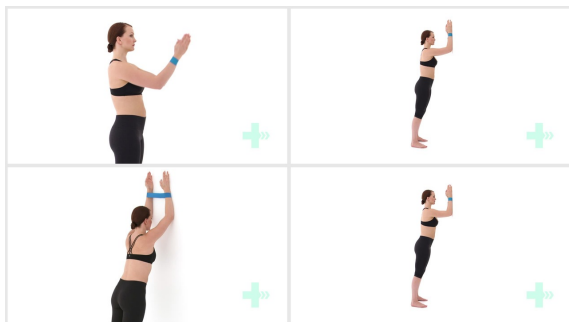
2 Sets / 10 Reps



4. Single-leg squat with hip abduction

Start by standing with your feet hip-width apart with an exercise band loop around both feet.

Squat down with one leg and at the same time slide the other leg sideways keeping the knee straight and toes on the floor. Maintain hip-knee-foot alignment in the standing leg. In a controlled manner return to the starting position.



5. Resisted GHjt ER flexion wall slides

Stand up straight facing a wall.

Wrap a band around both forearms, just above your wrists.

Place your elbows and forearms on the wall, shoulder width apart.

There should be some tension in the band.

Your forearms should be vertical with your hands pointing up to the ceiling.

Ensure you keep a straight line from your head to your heels.

Gently press your forearms into the wall, flattening your shoulder blades against your ribs.

Do not hunch your shoulders up, or round your upper back.

Keeping this control with your shoulder blades, slide your forearms up and down the wall.

Ensure your forearms do not drop in towards each other.

The key to this exercise is to ensure your shoulder blades remain tight against your rib cage, and your forearms remain parallel throughout.