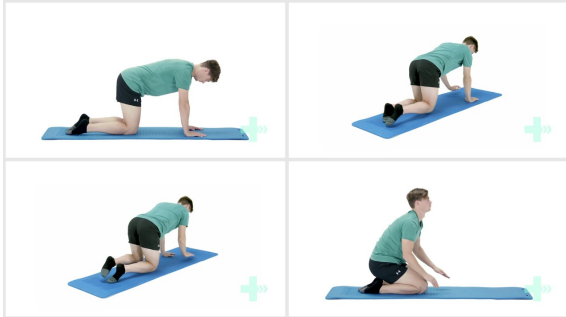


ACT

2 Sets / 10 Reps / 1 s hold



1. Bird dog

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Tighten the abdominal core muscles.

Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your body.

Do not allow your body or hips to rotate.

You should have a straight line from the tips of your fingers to the tips of your toes.

Ensure you do not arch your back.

Control the movement as you lower your arm and leg back down and repeat on the other side.

2 Sets / 10 Reps / 1 s hold



2. Bridge - up on two, down on one

Lie on your back with your knees bent and feet flat on the floor.

Maintain a hips distance between your knees.

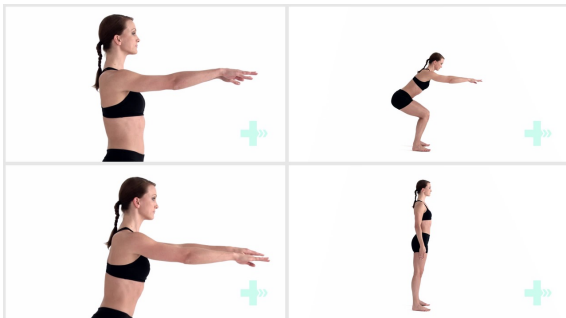
Tighten your buttock and abdominal muscles, and then lift your hips up off the floor until you have a straight line from your knees to your shoulders.

Keeping your pelvis level, straighten one knee, lifting your foot off the floor.

Hold this position as you steadily lower your hips back to the floor.

Repeat this movement, lifting up on two legs, and lowering on one.

2 Sets / 10 Reps



3. Squat

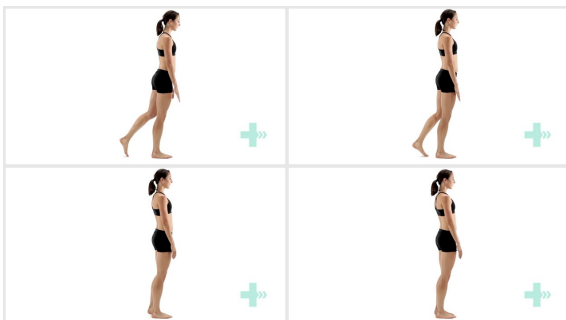
Stand with your feet shoulder-width apart.

Engage your core muscles and gently squat down, do not allow your knees to travel too far forwards and keep your weight on your heels, not your toes.

Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position.

As you squat, bend from your hips and keep your back straight.

2 Sets / 10 Reps



4. SL body hinge (Small Range of Motion)

Stand on your affected leg with the opposite leg extended behind you.

Tighten the abdominal and leg muscles as you hinge forward at the waist and raise the back leg.

Keep your body and leg in line with one another.



5. Prone back extension and Y raise

Lie face down with your arms in a "Y" position diagonally up and away from you palms facing down.

Keep your head slightly elevated and neck long.

Lift your arms up and feel your shoulder blades moving towards your spine.

At the same time slightly lift your chest off the floor.

Then return to the starting position.

Perform this exercise in a slow controlled manner.