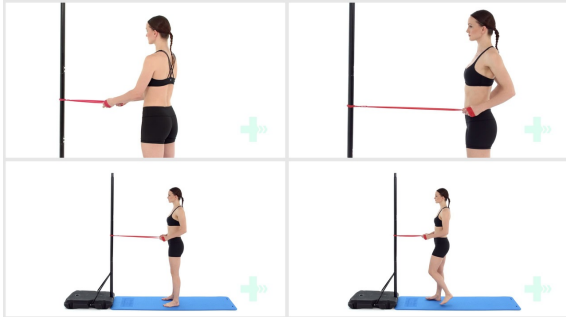


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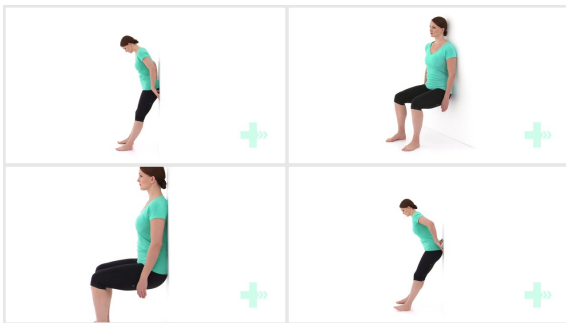
2 Sets / 10 Reps



### 1. Resisted low rows

Tie a resistance band around a solid object and hold the ends in each hand. Stand on both legs with your feet hips width apart, keeping a good upright posture. Bend your elbows and pull the band back, squeezing your shoulder blades together. Control the movement as you return your hands to the start position. Keep your core strong throughout this exercise.

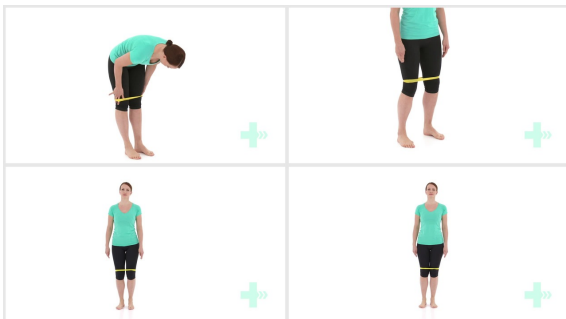
2 Sets / 2 Reps / 30 s hold



### 2. Isometric wall sit

Stand up straight with a wall positioned behind you. Lean your back and buttocks against the wall, then walk your feet forward. Slide down the wall until you reach a 90 degree angle at your hips and knees. Ensure your back and buttocks remain in contact with the wall. Hold this position.

2 Sets / 10 Reps



### 3. Resisted side stepping bent leg

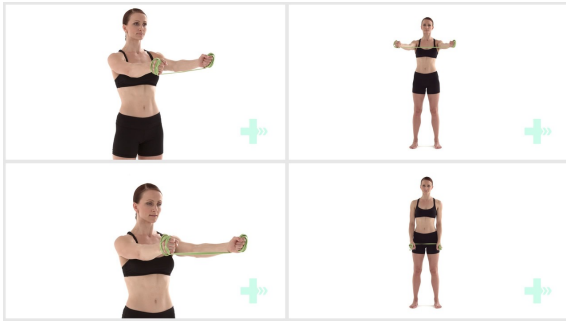
Stand up straight with a resistance band tied around both legs, just above your knees. With your legs hips width apart, there should be some tension in the band. Keeping your back straight, bend your knees. Gaze ahead with your hips pushed back, then take a step to one side. Step the other leg in and continue in the same direction. You can repeat this both ways.

2 Sets / 2 Reps / 30 s hold



### 4. Single leg balance with eyes closed

Start from a neutral standing position. Shift your weight over to your affected side. Balance on your affected leg, bend your the other knee and lift your foot off the floor. Lift your arms out to the side for balance. Close your eyes and hold in this position. Return to the neutral position. Open your eyes.



### 5. Resisted scapula "T"

Hold a resistance band in both hands and gather up some tension. Start with your hands at chest height and your arms straight and move them out in a "T" shape, keeping your shoulder blades back and down. Control the movement back to the start position and repeat.