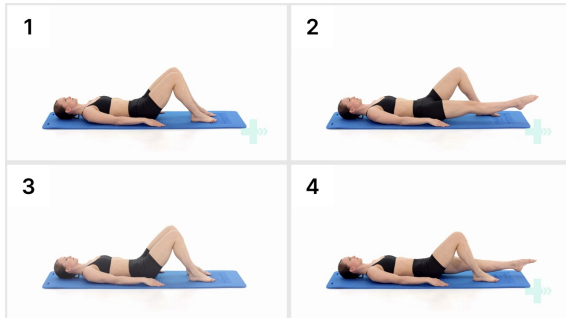


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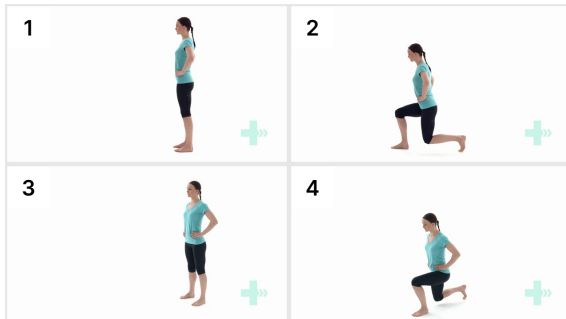
2 Sets / 10 Reps / 1 s hold



1. Core stability in crook with alternate elevated LL extension

Lie on your back with your legs bent and feet flat on the floor. Ensure your feet and knees are hips width apart. Tighten your abdominal and pelvic floor muscles, and then lift one leg just off the floor. Slowly straighten your leg out ensuring it remains off the floor. Ensure you keep your body and hips level throughout this movement. Control the movement as you slowly bring your leg back up to the starting position. Repeat this movement with the other leg.

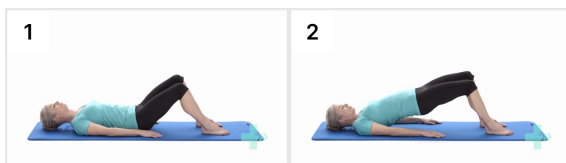
2 Sets / 10 Reps / 1 s hold



2. Pelvic floor in lunge position

Stand up straight with your arms resting gently on your hips or holding onto a wall for balance. Tighten your pelvic floor muscles by squeezing as if you are trying to stop yourself passing wind and passing urine. Holding this tension, take a step forwards on one leg and then drop your hips directly down between both feet, bending your knees. Push back up to the starting position and then release your pelvic floor. Repeat on your other leg.

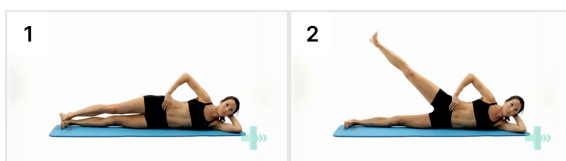
2 Sets / 10 Reps / 1 s hold



3. Bridging in posterior pelvic tilt

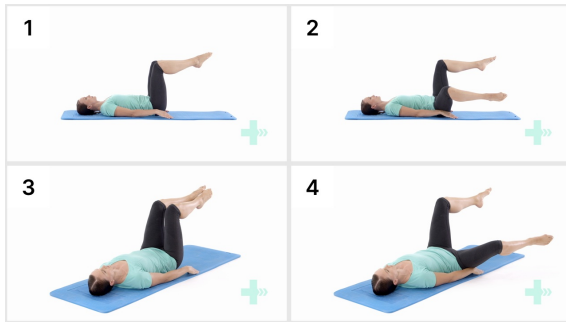
Lie on your back with your knees bent and your feet flat on the floor. Lie with your arms by your side. Tighten your abdominal muscles to flatten the small of your back against the floor. Tighten your buttock muscles and tuck your tail bone underneath you. Lift your hips off the floor until you have a straight line from your shoulders to your knees. Make sure you keep your hips level throughout. If this is difficult, lower your hips back down to a level where this is easier.

2 Sets / 10 Reps



4. Hip abduction - side lying (Add Theraband if you want resistance)

Lie on your good side, making sure there is a straight line from your head, through your trunk, down your legs to your toes. Straighten your legs and pull the toes up towards you. Raise the top leg straight up, then control the motion back down. Ensure your leg goes directly up, as though sliding up and down a wall.



5. Table top position single leg fall out - alternating

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

Bring one leg up to the table top position, with your hip and knee at 90 degrees.

Bring the other one to the same position.

Ensure you keep your legs and feet hip-distance apart.

Keep a very small arch on your lower back.

Inhale.

As you exhale, tighten your abdominal muscles and slowly lower one leg out to the side.

Ensure your hips do not rotate towards the movement.

They should stay in the same position.

Your hips and knees should remain at 90 degrees.

Once you reach your own endpoint, hold this position and inhale.

As you exhale, return your leg to the table top position.

Both hips and knees should be at 90 degrees.

Exhale and repeat with your other leg.