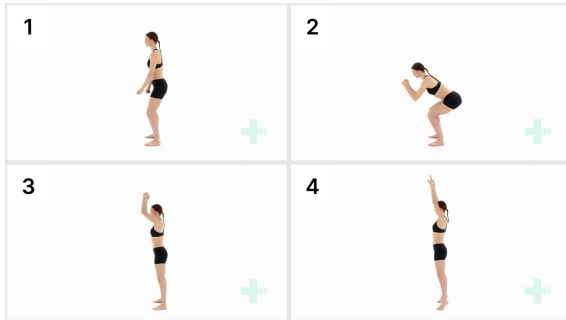


ACT

2 Sets / 10 Reps



### 1. Squat to stand to heel raise

Stand up straight with your legs just wider than hip width apart. Keeping your back straight, lower yourself down into a squat, pushing your hips back behind you. Ensure your knees travel directly forward over your toes. As you straighten back up again, push yourself up onto your toes while simultaneously reaching up towards the ceiling as far as you can. Lower back down into a squat. Continue this sequence in one fluid movement.

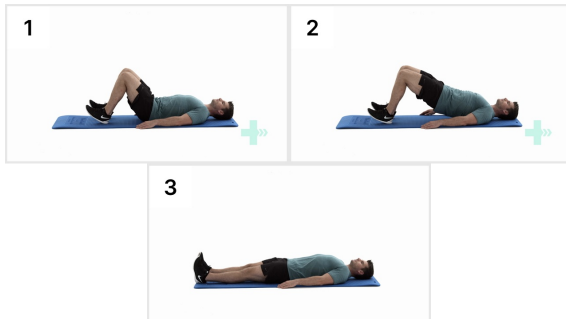
2 Sets / 10 Reps / 1 s hold



### 2. High plank with trunk rotation

Lie on your front with your hands under your shoulders. Push yourself up into a plank position with your hands under your shoulders and a straight line from your head to your heels. Holding this straight position, lift one arm up towards the ceiling. Allow your head and body to follow the movement. You may rotate a little on the balls of your feet. Return your hand to the floor and repeat on the other side.

2 Sets / 10 Reps / 1 s hold



### 3. Bridge with toes off the floor

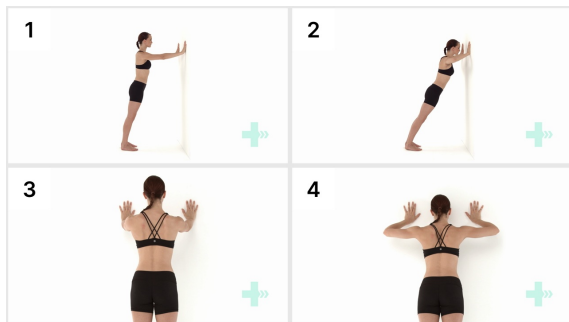
Lie on your back and bend your knees at 90 degrees. Pull your toes in towards you and rest your weight on your heels. Now tuck in your navel and lift your pelvis off the floor. Tighten your buttocks and your abdominal muscles and keep breathing normally. Make sure your back is in line with your thighs, so you can draw an imaginary line from your shoulders through your back, pelvis and knees. Make sure you keep your pelvis level during this exercise, hold for the required time and then lower back down in a controlled manner.

2 Sets / 10 Reps



### 4. Tricep dips

Start in a seated position. Place your hands on the seat of the chair and use your arms to move yourself forwards towards the front of the chair. You will need to move your feet further forwards to help your stability. From this position, use the strength of your arms to slowly lower your body directly down towards the floor and then raise yourself back up. Do not actually sit on the floor and keep your hands close in beside you. Relax and repeat.



### 5. Wall press-up

Stand facing a wall, around one large stride away.

Place your hands on the wall around the same height as your shoulders but slightly wider.

Lean against the wall, keeping a straight line from your head to your feet.

Bend your elbows, bringing your chest and hips in towards the wall and pushing your elbows outwards.

Make sure your body stays straight.

Push through your hands to straighten your arms back out again.

Continue this movement.

Note: the further away your feet are from the wall, the harder the exercise will be.