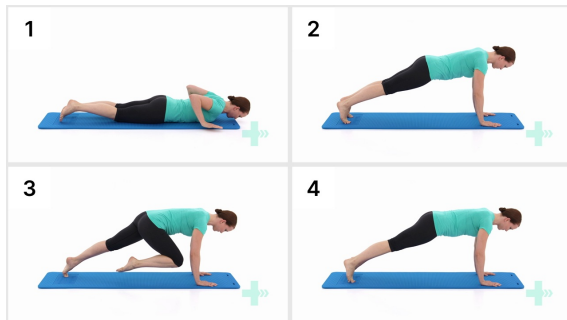


ACT

2 Sets / 10 Reps / 1 s hold



1. Plank - knee to chest

Lie on your front with your toes on the floor.

Place your hands on the floor by your shoulders and push yourself up, lifting your torso and knees.

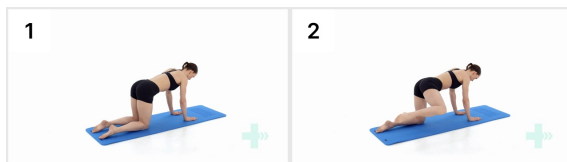
Hold a neutral line from the back of your head to your heels, driving your hands into the floor so that your shoulder blades flatten on your back.

Maintaining this control, bring one knee in towards your chest.

Move this leg back to the starting position and repeat.

Keep your buttocks squeezed and your hips level throughout this movement.

2 Sets / 10 Reps



2. Kneeling hip abduction - 90 degrees

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

Tighten your abdominal muscles, keeping your back straight and your gaze between your hands.

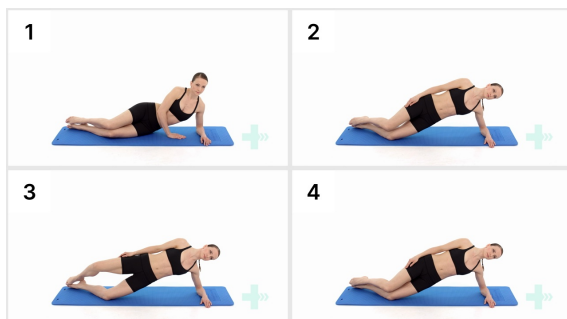
With your knee and hip bent to 90 degrees, lift your leg out to your side.

Control the leg back to the starting position and continue.

Ensure you keep your elbows straight and your abdominal muscles strong.

Minimise how much your pelvis rotates with the movement.

2 Sets / 10 Reps



3. Side plank on knees with clam shell

Lie on your side with your knees bent and feet stacked one on top of the other.

Prop yourself up on your forearm with your elbow under your shoulder.

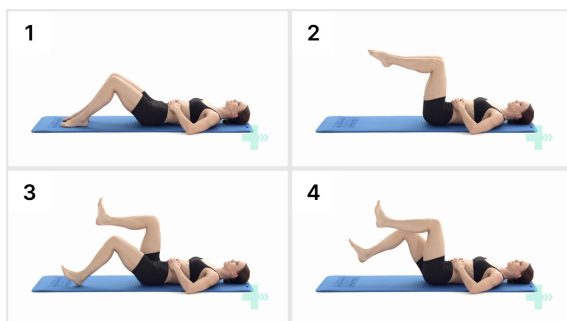
Tighten your abdominal and buttock muscles, and then lift your hips up off the floor.

You should have a straight line from your head to your knees.

Holding this position, lift your top knee up, keeping your feet together.

Control the movement as you lower your knee back down again and repeat.

2 Sets / 10 Reps / 1 s hold



4. Supine Table top alternate Foot Drops

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

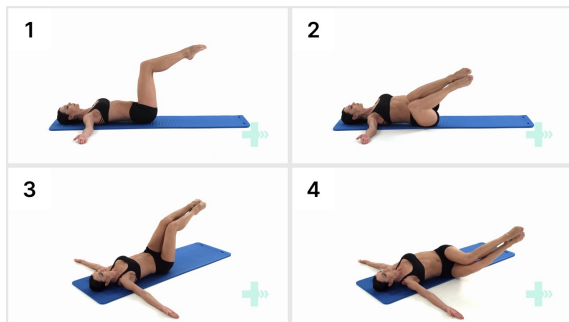
Place your hands on your abdomen and tighten your abdominal muscles.

Raise one leg, and then the other leg, up to the table-top position, with your hips and knees at 90 degrees.

Maintaining a strong stable position with your back, lower one heel down towards the floor, then return to the table-top position.

Repeat with the other leg.

Continue this movement, ensuring you do not allow your lower back to arch.



5. Pilates spine twist supine level 1

Lie on your back in a neutral spine position.

Bring your legs into the Table Top position with your shins parallel to the floor.

Place your arms in a "T" position, palms facing up.

INHALE: lower your legs down to one side, keeping your knees and feet together.

EXHALE: bring your legs back to the starting position.

Alternate sides.

Keep your shoulders stable on the mat as your pelvis rolls from side to side.

Keep your knees together and bent at a 90 degree angle.

Avoid arching the low back and keep it in contact with the mat throughout the movement.