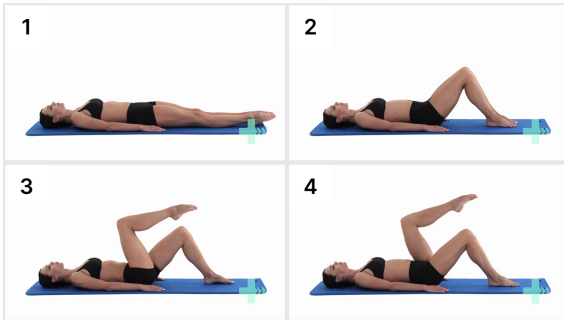


ACT

2 Sets / 10 Reps



1. Pilates single leg lift

Lie on your back in a neutral spine position.

Bend your legs, keeping your knees and feet parallel and at hip width apart with your arms by your sides.

EXHALE: lift your leg off the mat with the bent knee at a 90 degree angle and your foot Plantar flexed (pointed).

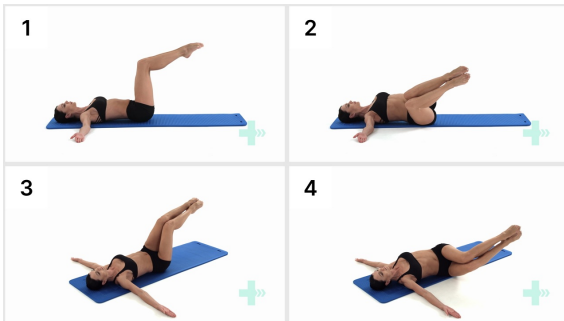
INHALE: lower your leg down and tap the floor with your toe.

Perform the desired number of the repetitions and change legs.

Keep the pelvis stable as you raise and lower your leg, hinging at the hip joint.

Maintain your leg bent at a constant angle of 90 degrees.

2 Sets / 10 Reps



2. 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.

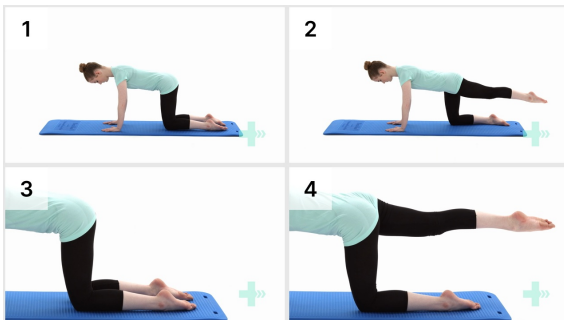
Alternate sides.

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.

2 Sets / 10 Reps / 1 s hold



3. Alternate hip extension in 4 point kneeling - with pelvic floor activation

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

Make sure your back is flat.

Gently squeeze your pelvic floor and stomach muscles.

Without moving your back, slowly lift one leg out behind you.

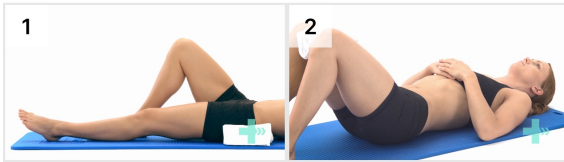
Bring the leg back down.

Repeat with the other leg.

Keep your back still throughout the movement.

4. Core activation in crook

Lie on your back with a small rolled up towel by your side.
 Raise your right knee to 90 degrees by sliding the back of your heel along the mat.
 Raise your left knee to the same position.
 Keep your feet hip width apart and place the towel between the knees.
 Breathe in deeply making sure the air goes all the way down to your lower stomach and the belly button pushes outwards.
 As you breathe out gather your tummy in, pulling your belly button inwards towards your spine and tensing your pelvic floor muscle.
 Repeat again, breathing in and relaxing the tummy.
 Breathe out and gather your tummy in, pulling your belly button inwards towards your spine and squeeze your pelvic floor.
 Repeat once more.
 Remove the towel, bring your legs down, one by one, starting with the right, and then the left to return to the starting position.

**5. Side plank with trunk twist**

Lie on your side with your legs straight.
 Place your top foot in front of your bottom foot on the floor.
 Lift yourself up on your side using the lower arm with the hand on the floor.
 Your hips will come up off the floor until your body is a straight line from your head to your feet.
 Lift your upper arm directly up so that it is in a vertical position.
 Maintaining control with your body, bring your upper arm back down and around and under the gap between your body and the floor.
 You will rotate round with this movement but do not allow your body to sink or wobble too much.
 Immediately return back to the start position and repeat.

