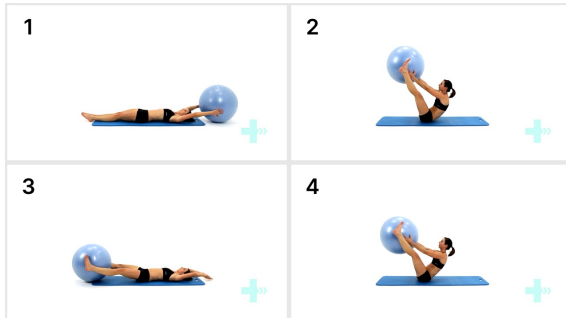


ACT

2 Sets / 10 Reps



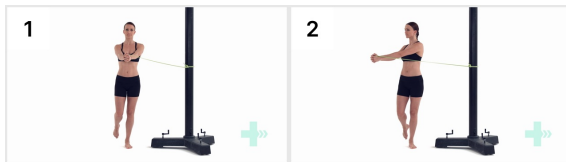
1. Core strengthening - stability ball pass "V sits"

Lie flat on your back holding a stability ball in your hands stretched out on the mat above your head.

Bend in the middle, bringing your legs up, and transfer the ball to your feet before stretching back out flat on the floor.

Bend again in the middle, bringing your legs and arms up, and transfer the ball back to your hands before stretching flat out on the floor again.

2 Sets / 10 Reps



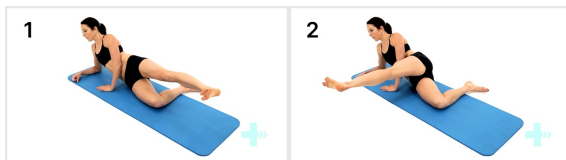
2. SLS with trunk rotation resistance

Stand with a resistance band tied out to one side, holding the other end in both hands.

Reach your arms out in front a little and balance on the leg closest to the band. You will feel the band try to pull you around.

Resist this movement and rotate your trunk away from the band.

2 Sets / 10 Reps



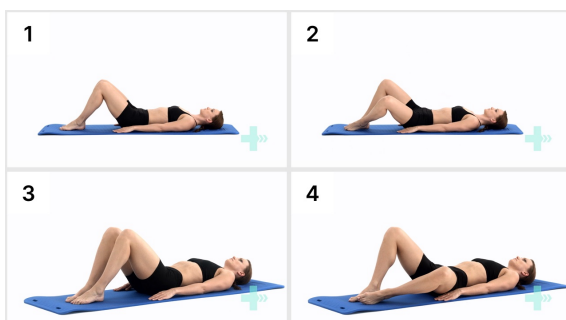
3. Hip abduction side kick

Lie on your good side with your legs straight.

Keeping it straight, lift the top leg up, then move it forwards in front of you keeping it horizontal.

Control the movement back to the start position, and repeat.

2 Sets / 10 Reps



4. Supine knee fall out - pelvic control

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

Gently pull in your pelvic floor muscles and bring your lower stomach muscles up and back in towards your spine.

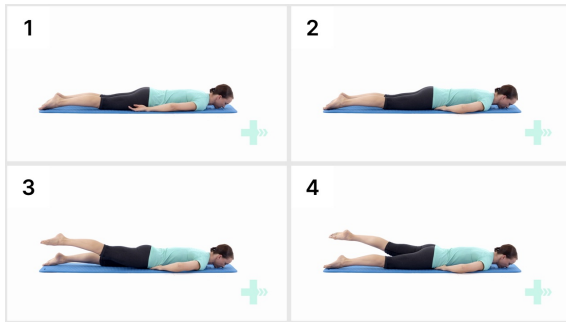
Try to maintain the tension as you take one knee out to the side.

Keep the movement in your hips.

Return to the start position and alternate sides.

Make sure you keep your lower back and your pelvis still.

Continue to breathe normally throughout the exercise.



5. Alternating prone hip extension with straight leg - with deep abdominal and pelvic floor activation

Lie down on a mat flat on your front.

Place your hands under your hip bones so that you can feel the muscles in your abdomen.

Tighten your pelvic floor muscle whilst pulling your belly button in towards your spine.

You should feel your abdomen lift away from the floor a little.

Holding this position, tighten your buttock muscle and lift one leg up from the floor.

Ensure this leg remains straight.

You should continue to tense the muscles in your pelvic floor and tummy while you lift, and then lower your leg.

Move your leg at a steady pace.

Once your leg returns to the floor, relax all of your muscles, and then begin the movement again lifting your other leg.