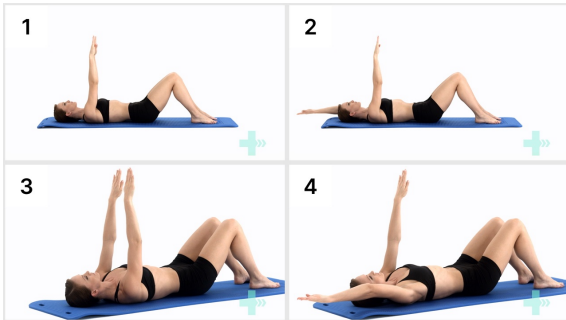


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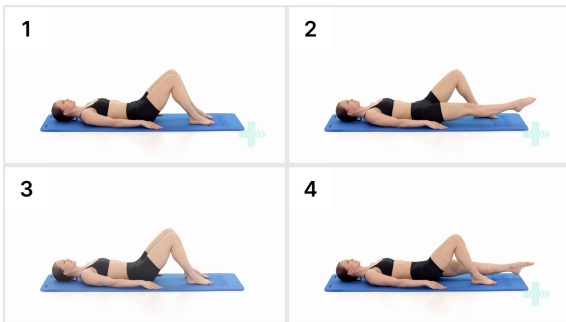
2 Sets / 10 Reps / 1 s hold



1. Pelvic Floor with bilateral vertical arm lift in supine

Lie on your back.
Bend your knees and keep your feet flat on the floor.
Gently pull in your pelvic floor and bring your lower stomach muscles up and back in towards your spine.
Engage your deep neck muscles by nodding your head.
Keep your outer neck muscles relaxed.
Lift both arms up to point vertically towards the ceiling.
Maintaining the control of your pelvic floor and lower stomach muscles, lower one arm down above your head, then return to the start position.
Change arms and continue to breathe normally.

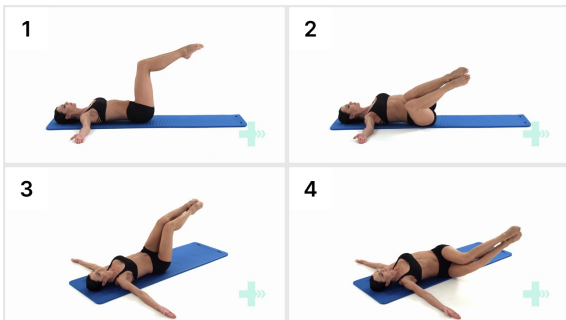
2 Sets / 10 Reps / 1 s hold



2. 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.

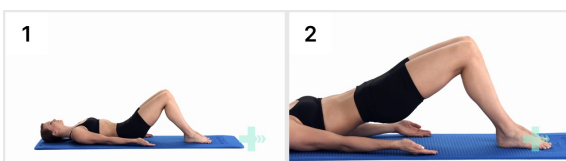
2 Sets / 10 Reps



3. 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



4. Pelvic tilt into bridge

Lie on your back with your knees bent and your feet flat on the floor.
Activate your core stability muscles, tilting your pelvis towards you so that your lower back flattens and your tail bone rolls off the floor.
Now tighten your buttock muscles and continue to peel the rest of your spine off the floor until you are in a bridge position.
Hold in the bridge position before you then lower, keeping your navel drawn in and slowly lowering your spine back down onto the floor one vertebrae at a time.
Keep your buttocks tight until your pelvis rests on the floor.

5. Pilates clam level 1

Lie on your side with your hips and shoulders inline.
Bend your legs so that your hips are bent at a 45 degree angle and your knees are at a 90 degree angle.
Stretch out your bottom arm and rest your head on it.
Bend the top arm with your hand on the mat in front of your body for stability.
EXHALE: rotate your hip and lift your knee upwards
INHALE: lower your knee down to the starting position.
Change sides after the desired number of repetitions.
Keep your big toes together as you rotate your leg in your hip joint.
Open the knee only as far as you possibly can without disturbing the alignment of your hips.

