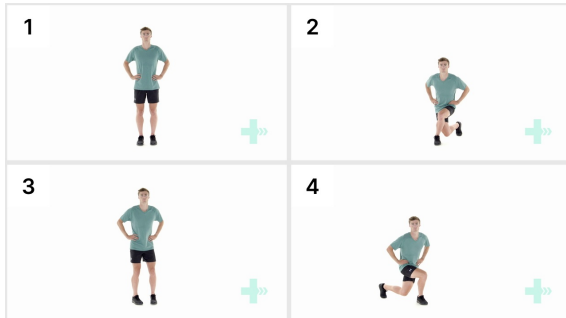


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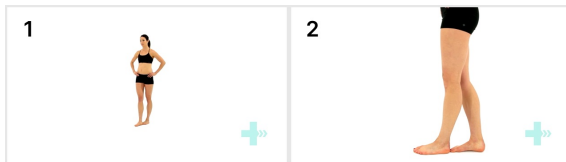
2 Sets / 10 Reps



1. Lunge curtsy

Stand up straight with your hands on your hips.
Take a large stride behind and across you with one leg.
Keeping the movement flowing, drop your hips directly down towards the floor by bending both of your knees to 90 degrees.
Spring back up from this position, driving your rear leg forwards and back to the start position.
Repeat with your other leg.

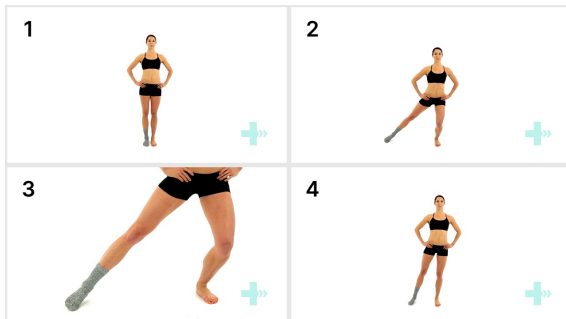
2 Sets / 10 Reps



2. Tandem walk

Walk with one foot in front of the other as though you are on a tightrope.
The heel of the front foot should touch the toes of the back foot.
Look straight ahead and control your balance as you do this.

2 Sets / 10 Reps



3. Lateral slide with sock

Wear a sock on your good leg.
Let your foot slide out to the side, bending the knee on the affected side.
Make sure your knee travels directly forwards over your toes and the heel stays on the floor.
Control the movement as you straighten the knee back up again and bring the other leg back in.
Keep your body up straight throughout this exercise.

2 Sets / 10 Reps / 1 s hold



4. "Thread the needle" full rotation

Start on your hands and knees, with your hands under your shoulders and knees under your hips.
Take one hand off the floor and reach in and through between your other arm and your legs.
Allow your body and head to follow, moving your shoulder down towards the floor as your hand reaches through.
You should feel a stretch down your side, your shoulder blade and neck.
Hold this position, and then return to the starting position.
Reach your arm out to the other side, and then up towards the ceiling.
Follow the movement of your hand with your head, twisting in the other direction to look up towards the ceiling.
Hold this position, and then repeat the sequence.



5. Single leg bridging

Lie on your back.

Bend one leg upwards, placing the foot on the floor.

Draw your other leg up to the same position, maintaining a hips width between your legs.

Lift one foot slightly off the floor.

Using the effort of your remaining foot, lift your hips up into a bridge until you have a straight line from your shoulders to your knees.

Lower back down and repeat.

Keep your pelvis level throughout this exercise.