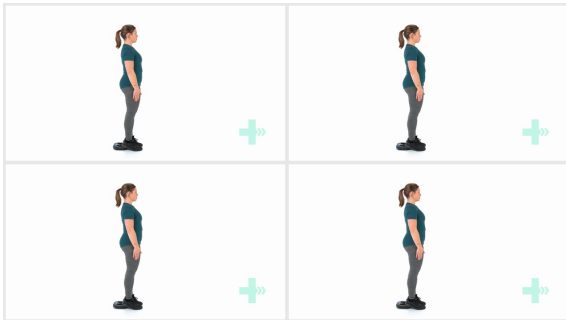


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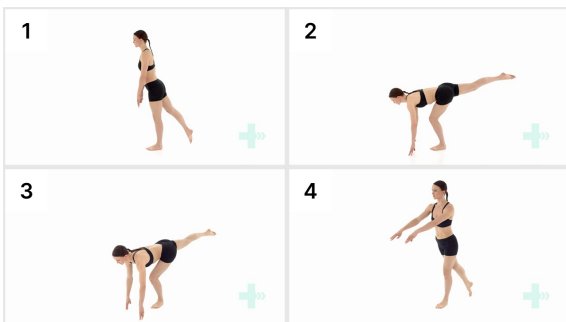
2 Sets / 10 Reps



1. Cyclist squat - Narrow squat with heels elevated

Stand with small weight plates under your heels and with your arm by your sides. Simultaneously lift your arms straight in front and squat straight down, whilst keeping your chest up. Push back up to the starting position, and repeat.

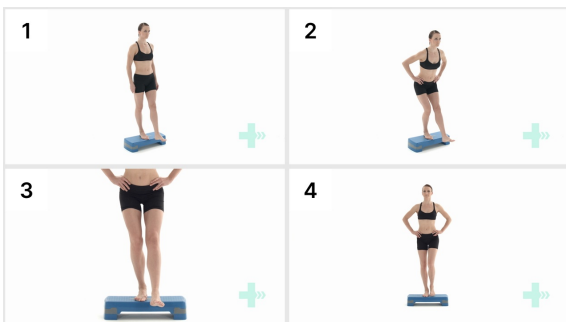
2 Sets / 10 Reps



2. SLSq arabesque

Stand up straight on your affected leg. Lift your other leg out behind you. Take your gaze to approximately one stride in front of you. Ensuring your knee travels directly over your toes, perform a squat on your stance leg. As you bend your knee, lean your body forward, reaching your hands towards the floor. Control the movement as you straighten back up again and repeat. Ensure you hold your elevated leg in a steady position throughout.

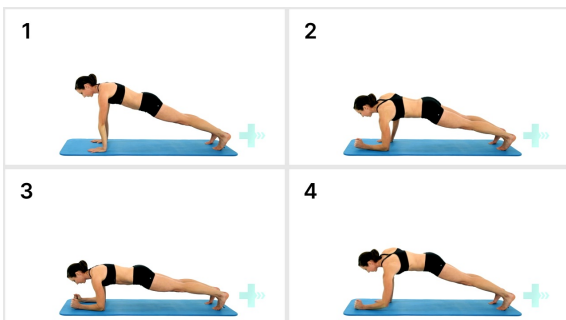
2 Sets / 10 Reps



3. SLSq on step

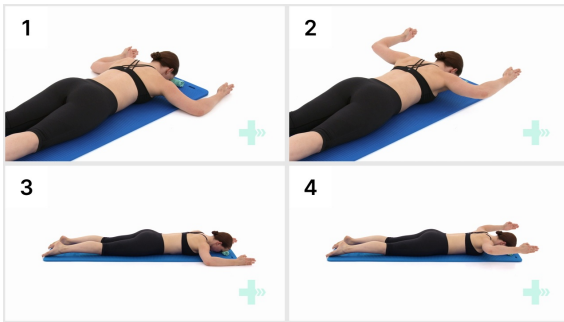
Start in a standing position on a step. Stand on your affected leg, with your foot against the edge of the step. Lower yourself with your knee and hold your other foot slightly out to the front. Make sure your knee doesn't turn inwards.

2 Sets / 10 Reps / 1 s hold



4. Plank to push-up

Start in a press up position with a straight line from your head to your feet. Keeping your back straight lower yourself down onto your elbows, then push back up on to your hands. Do not allow the back to sag at any point.



5. Prone scapula retraction with UL "L"

Lie on your front with your forehead rested on a small towel.

Keeping them straight, move your arms out to your sides then bend each elbow to a right angle.

Your arms should each make an "L" shape.

Your palms should face in towards one another.

Keeping your chest and head in contact with the floor throughout, squeeze your shoulder blades together, and then lift your arms off the floor.

Hold this position.

Relax and repeat.

JAMES NOTES:

- Hold for 5s