

ACT

2 Sets / 10 Reps / 2kg weight

1. Goblet squat with weights

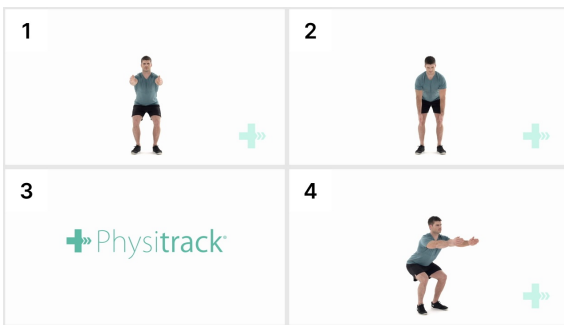
Hold on to the dumbbell, keeping it close to your chest.
Step your feet wide apart and turn the toes out slightly.
Drop down into a deep squat position, dropping your hips straight down past 90 degrees, keeping your feet on the floor.
Control the movement back to the start position.



2 Sets / 10 Reps

2. Semi squat and hip hinge

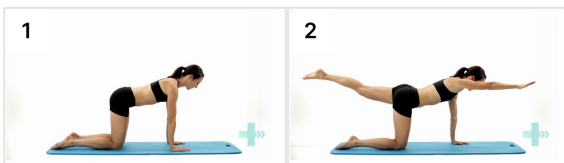
Stand with your hand on your hips and your legs shoulder width apart.
Squat down into a partial squat bending from your knees and hips.
At the same time straighten your arms forwards.
Keep your weight evenly distributed between your heels and the balls of your feet and knees aligned with your toes.
Push back up to the starting position.
Then reach towards your toes bending from your hips.
Your knees can be slightly bent as you reach downwards.
Return to the starting position and repeat the sequence.



2 Sets / 10 Reps

3. Bird dog (1 or 2 limbs at a time)

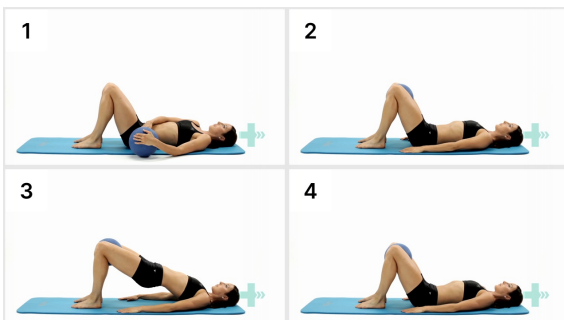
Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
Tighten the abdominal core muscles.
Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.
Do not allow your body or hips to rotate.
Repeat on the other side.

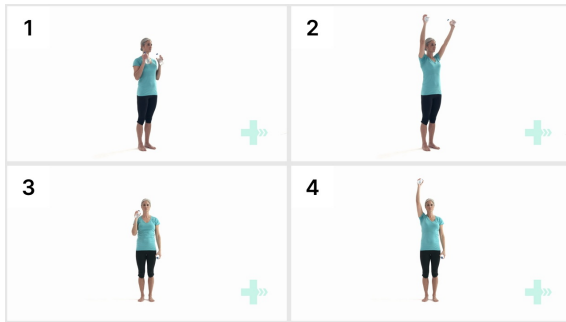


2 Sets / 10 Reps / 1 s hold

4. Bridge with ball squeeze

Lie on your back with your knees bent and your feet flat on the floor.
Take a ball and squeeze it between your knees.
Maintaining this squeeze throughout the entire exercise, lift your hips up keeping them level. Continue to squeeze as you lower back to the start position.





5. Curl and press with water bottles in standing - With both arms/alternating

The shoulder press exercise strengthens the shoulder muscles and back muscles, which are important for all daily activities.

Stand upright, with your chest out and shoulders pressed back.

Holding a weight in both hands, drop your arms down to your side.

Bend your elbows, bringing the weights up to your shoulders, and then push them up above your head.

If you need to, you can do this one arm at a time and be careful not to arch your back.

Lower the weights back to your shoulders, then repeat the exercise as directed.