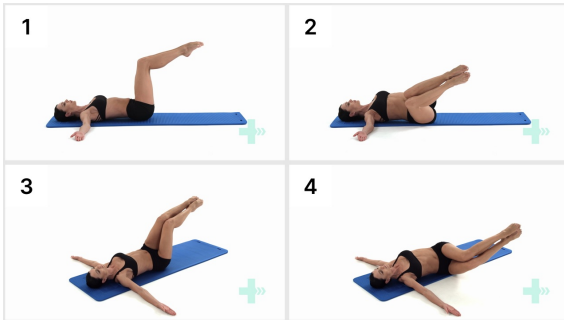


ACT

2 Sets / 10 Reps

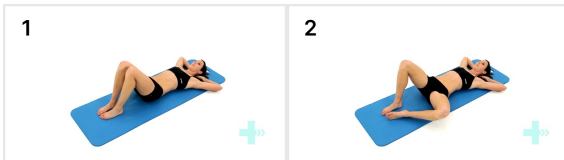


1. Pilates spine twist supine level 1

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.

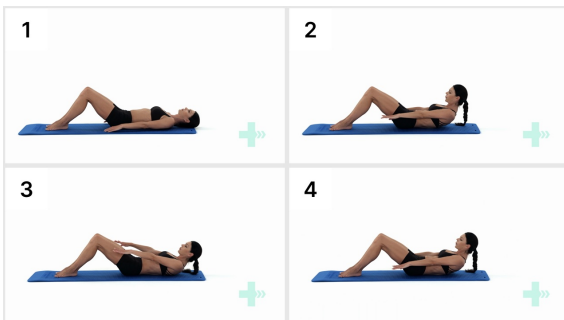
2 Sets / 10 Reps

2. Core activation - single leg fall out



Lie on your back with your legs bent and feet flat on the floor.
Engage your core stability and pelvic floor muscles, then lower one leg fall out to the side.
The key is to maintain a level pelvis, using your core to prevent it rotating with the movement of your leg.
Control the movement back to the start position and repeat.

2 Sets / 10 Reps



3. Pilates hundred level 2

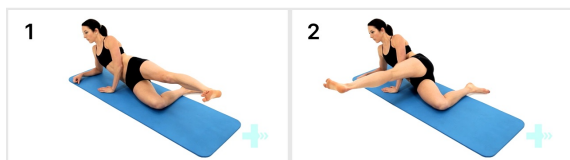
Lie on your back with your legs bent and your feet flat on the mat and your arms overhead.
Exhaling, draw your abdominals in and lift your head and chest off the mat and bring your arms over and down by your sides, palms facing down.
Keep pumping your arms up and down.
INHALE deeply for 5 pumps, then
EXHALE deeply for 5 more pumps.
Continue on with the 5 arm movements per breathing action until you have completed the desired number of pumps.
Keep the pumps small and do not use your arms excessively.
Maintain a contraction in your abdominals throughout.
Exhaling, lower your head and chest back onto the mat and relax

4. 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

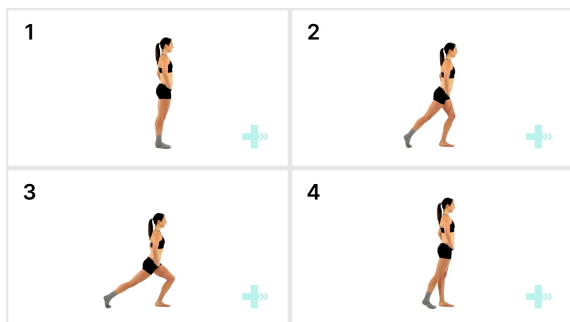
5. Reverse slide

Wear a sock on your good leg and stand up tall.

Slide this leg back behind you, bending the affected leg, making sure your knee travels directly over your toes.

Straighten back up, sliding your foot back in before you repeat.

Keep your chest up straight and heel on the ground throughout this exercise.



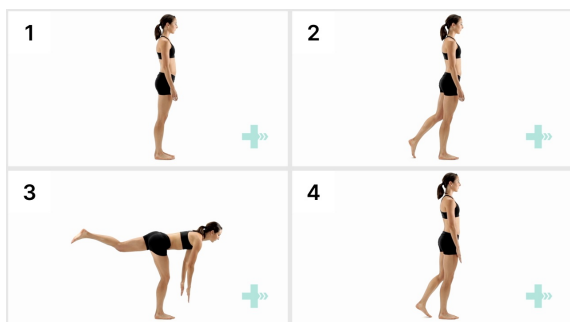
2 Sets / 10 Reps

6. SL body hinge (Small Range of Motion)

Stand on your affected leg with the opposite leg extended behind you.

Tighten the abdominal and leg muscles as you hinge forward at the waist and raise the back leg.

Keep your body and leg in line with one another.



2 Sets / 10 Reps / 1 s hold

7. "Thread the needle"

Start lying on your front.

Bring yourself up onto your hands and knees.

Your hands should be under your shoulders and your hips over your knees.

Take one hand off the floor and reach in and through between your other hand and leg on that side.

Allow your shoulder and head to follow, moving down towards the floor as your hand reaches through.

Allow your back to twist.

You should feel a stretch down your side, your shoulder blade and neck.

Hold and then relax and repeat.

