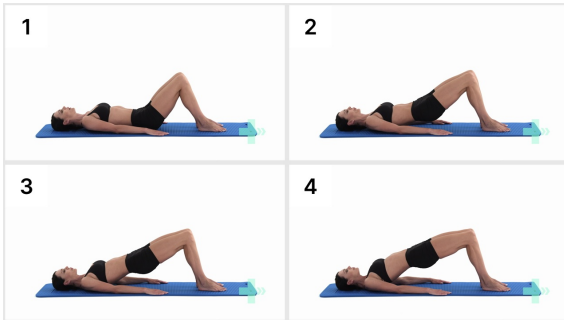


ACT

2 Sets / 10 Reps



1. Pilates pelvic curl

Lie on your back in a neutral spine position.
Bend your legs, keeping your knees and feet parallel and at hip width apart with your arms by your sides.

INHALE: no movement

EXHALE: draw the abdominals in and roll up, lifting your pelvis off the mat

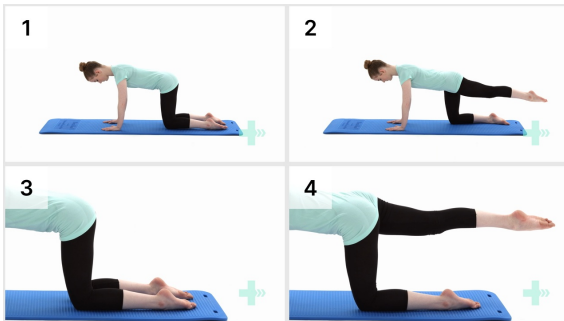
INHALE: no movement

EXHALE: roll your spine down onto the mat

Roll your back up and down, articulating your spine vertebrae by vertebrae.

Maintain your knees parallel and do not allow them to open.

2 Sets / 10 Reps / 1 s hold



2. Alternate hip extension in 4 point kneeling - with pelvic floor activation

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Make sure your back is flat.

Gently squeeze your pelvic floor and stomach muscles.

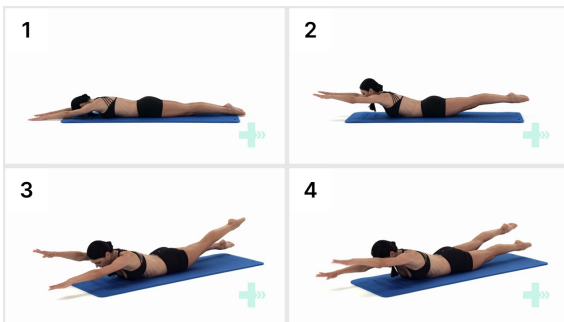
Without moving your back, slowly lift one leg out behind you.

Bring the leg back down.

Repeat with the other leg.

Keep your back still throughout the movement.

2 Sets / 10 Reps



3. Pilates swimming level 3

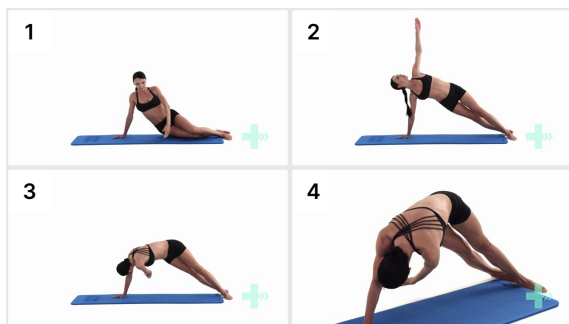
Lie in the prone position with your chest lifted and your arms and legs stretched out and raised just off the mat.

INHALE: lift one arm and the opposite leg at the same time for 5 changes

EXHALE: continue on lifting your arm and the opposite leg for 5 more changes

Maintain your arms and legs extended as far out as possible throughout the exercise.

Keep the pulses small in range and your trunk stable.



4. Pilates side twist

Sit sideways with your legs bent and your top foot placed in front of your bottom foot.

Place your supporting hand on the mat.

Your hand, hips and feet should be in line.

INHALE: lift your pelvis off the floor, straightening your legs and extending your body into a diagonal line with your arm reaching up to the ceiling

EXHALE: rotate your upper body, lifting your pelvis higher with your arm reaching through.

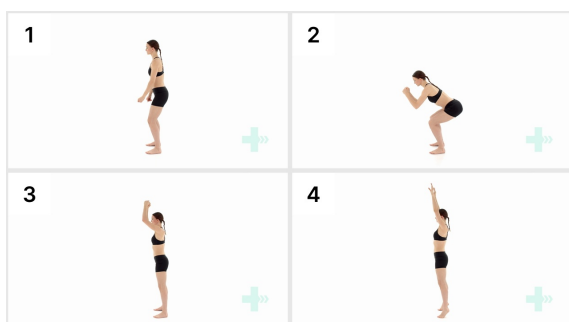
INHALE: move back to the straight diagonal line with your arm reaching upwards.

EXHALE: slowly lower your pelvis down without touching the floor.

Maintain stability in your shoulder and keep your legs together.

Focus on use of the lateral flexors, minimizing the use of your legs and maintain fluid motion during the movement.

2 Sets / 10 Reps



5. Squat to stand to heel raise

Stand up straight with your legs just wider than hips width apart.

Keeping your back straight, lower yourself down into a squat, pushing your hips back behind you.

Ensure your knees travel directly forward over your toes.

As you straighten back up again, push yourself up onto your toes while simultaneously reaching up towards the ceiling as far as you can.

Lower back down into a squat.

Continue this sequence in one fluid movement.

2 Sets / 10 Reps



6. Single leg squat [11100]

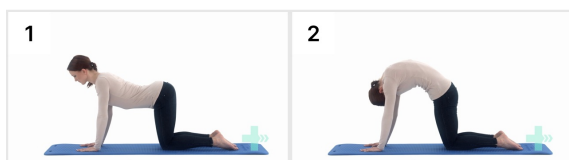
Stand on one leg, keeping control through your pelvis and hip region and maintain your balance.

Perform a controlled one quarter to one half squat by bending through your hip, so your pelvis moves back and your knee stays in line with your toes.

Squat only in the range where you can maintain balance and control through the hip, knee and lower leg and return to the standing position.

Repeat this squatting movement consecutively to build endurance.

2 Sets / 10 Reps / 1 s hold



7. Cat and camel pose

Start on your hands and knees with your back in a neutral position.

Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.

Hold this position.

Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.

Hold this position, and then repeat.