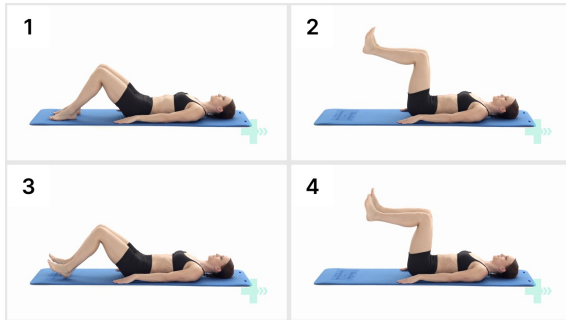


ACT

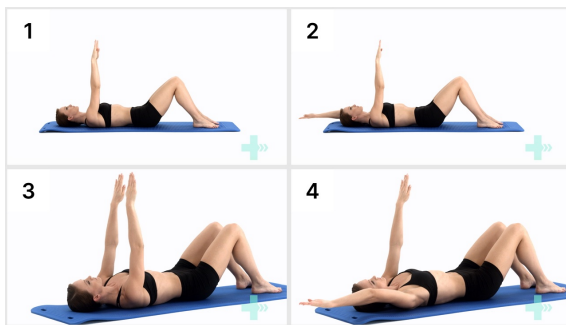
2 Sets / 10 Reps



1. Double heel taps

Lie on your back with your legs bent and feet flat on the floor. Keep your legs at hips-width apart, and tighten your abdominal muscles. Maintaining a strong back, lift both legs up to the table-top position, with your hips and knees at 90 degrees. Control the movement as you lower the legs back down, keeping a stable spine. Repeat this movement, ensuring your back does not arch off the floor.

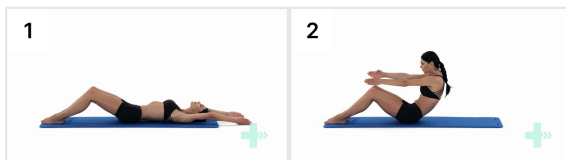
2 Sets / 10 Reps / 1 s hold



2. Pelvic Floor with bilateral vertical arm lift in supine

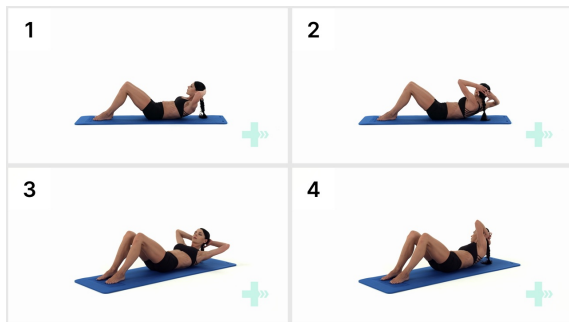
Lie on your back. Bend your knees and keep your feet flat on the floor. Gently pull in your pelvic floor and bring your lower stomach muscles up and back in towards your spine. Engage your deep neck muscles by nodding your head. Keep your outer neck muscles relaxed. Lift both arms up to point vertically towards the ceiling. Maintaining the control of your pelvic floor and lower stomach muscles, lower one arm down above your head, then return to the start position. Change arms and continue to breathe normally.

2 Sets / 10 Reps



3. Pilates roll ups level 1

Lie on your back with your arms overhead, palms facing each other and your legs together with your knees bent and feet flat on the floor. INHALE: lift your arms off the mat and bring them forward followed by your head and chest. EXHALE: roll up, drawing your abdominals inwards, stopping the movement when your shoulder is aligned above your hip. Your back should be in a "C" curve position. INHALE: pause in the sitting position. EXHALE: roll back down, maintaining a "C" curve in your back during the rolling movements with your arms outstretched. Lower your shoulders and head back down onto the mat, bringing your arms overhead. Repeat the movements in a fluid controlled manner, maintaining the "C" curve in your spine throughout the exercise.



4. Pilates criss cross level 1

Lie on your back with your knees bent and your feet flat on the floor.

Interlace your hands behind your head.

Exhaling, lift your head and chest off the mat.

EXHALE: rotate your trunk to the side with your elbow reaching to the opposite knee

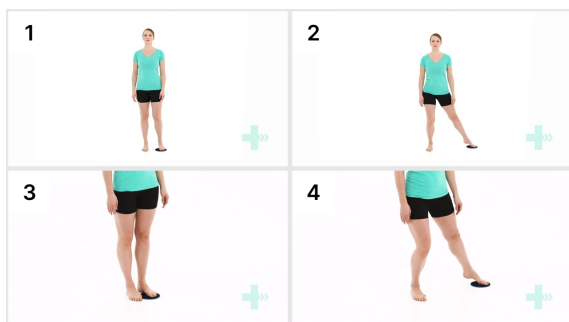
INHALE: move back to the center

Switch sides, rotating through the center and pulling your abdominals inwards all the time.

Maintain your pelvis stable throughout.

Keep your elbows wide open and rotate your upper body as one unit.

2 Sets / 10 Reps



5. Standing hip abduction/adduction slide

Stand up straight on a polished floor.

Place a paper towel or slider under one foot.

Use shoes with a good grip if required.

Keep your posture up straight and your feet pointing forward.

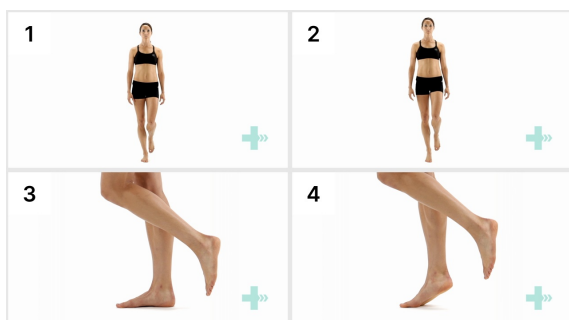
Tighten your abdominal muscles and slide your foot on the paper along the floor out to the side.

Ensure you keep weight on this leg by taking your body with the movement.

Focus as you slide the foot along the floor back in towards your stationary leg.

You should feel the muscles in your inner thigh tense as you do this.

2 Sets / 10 Reps



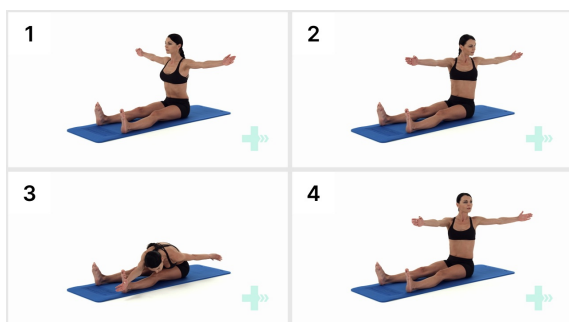
6. Single leg calf raise on floor

Stand on your symptomatic leg.

Maintaining your balance, rise up on to your toes so the heel comes off the floor, keeping your knee straight.

Control the movement back to the start position, and repeat.

2 Sets / 10 Reps



7. Pilates the saw

Sit upright with your legs stretched out at shoulder width apart with your feet

Dorsi-flexed and your toes pointed towards the ceiling.

Your arms into a T position with the palms facing to the front.

INHALE: rotate your upper body to the side.

EXHALE: reach forward so your hand is outside of the opposite foot, rotate and lower your other hand down.

INHALE: extend your spine and move to the upright position.

EXHALE: return to the starting position and switch sides.

Rotate your upper body keeping your hips stable.

Your arm crosses the leg when you reach forward with your hand in front of your little toe.