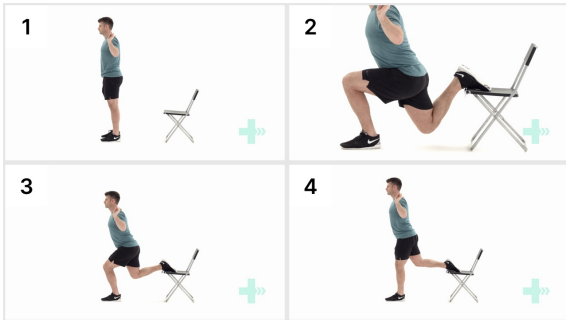


ACT

2 Sets / 10 Reps



1. Split squat rear foot elevated

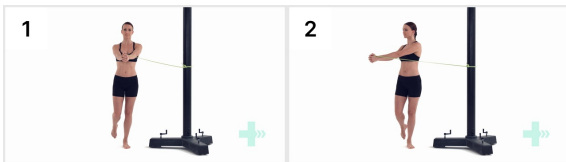
Stand with your back to the step and place your good leg onto the step. Make sure there is a large distance created between your front foot and your back foot.

Place a stick behind your shoulders for balance if you need it.

Bend your knee, dropping your hips straight down towards the ground, and then straighten back up.

Make sure your front knee doesn't go in front of your front toe and that your hips come straight down.

2 Sets / 10 Reps



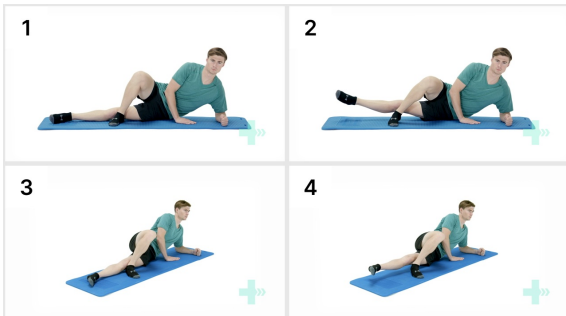
2. SLS with trunk rotation resistance

Stand with a resistance band tied out to one side, holding the other end in both hands.

Reach your arms out in front a little and balance on the leg closest to the band. You will feel the band try to pull you around.

Resist this movement and rotate your trunk away from the band.

2 Sets / 10 Reps / 2 s hold



3. Active hip adduction in side lying

Lie on your side with the leg to be exercised lowest.

Ensure your upper body is in a comfortable position.

Bend your upper leg and place the foot on the floor in front of your lower knee.

Keeping your body stable, raise your lower leg up off the floor.

Ensure you keep the leg straight.

Control the movement as you lower it back down and repeat.

2 Sets / 10 Reps / 1 s hold



4. Single leg bridging

Lie on your back.

Bend one leg upwards, placing the foot on the floor.

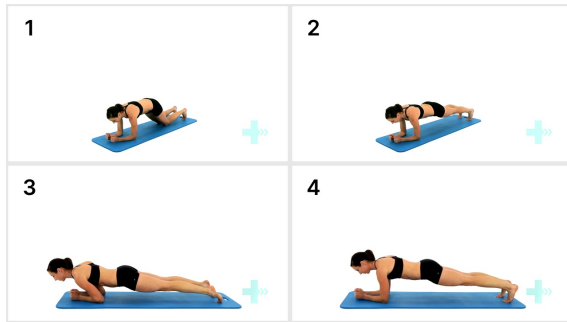
Draw your other leg up to the same position, maintaining a hips width between your legs.

Lift one foot slightly off the floor.

Using the effort of your remaining foot, lift your hips up into a bridge until you have a straight line from your shoulders to your knees.

Lower back down and repeat.

Keep your pelvis level throughout this exercise.

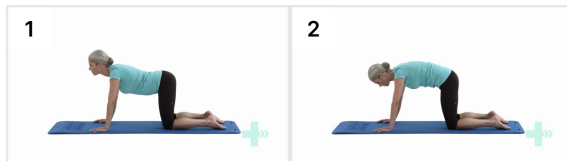


5. Rocking plank

Get into a plank position by placing your forearms on the floor and lifting your body up, maintaining a straight line from your head to your heels.

Rock back and forth on your elbows, using your arms and feet to propel you. Keep your buttocks tight and do not let your hips sag.

2 Sets / 10 Reps / 1 s hold



6. Cat and camel with hands flat

The cat and camel stretch helps to stretch your spine and helps with improving the mobility of your trunk.

Start on your hands and knees, with your knees directly underneath your hips and your hands underneath your shoulders, and your back in a neutral position.

Place your hands flat on the floor and contract your abdominal muscles, making sure that your spine is well aligned with your back straight as a table-top.

Inhale, and arch your spine away from the floor, pulling your belly up like a cat.

When it comes time to exhale, round your spine in the opposite direction, lowering your belly towards the floor and lifting your head.

Rest for a few seconds and repeat as directed.