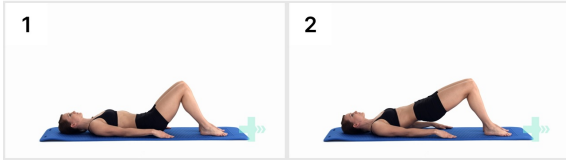


ACT

2 Sets / 10 Reps / 1 s hold

1. Bridge on the floor

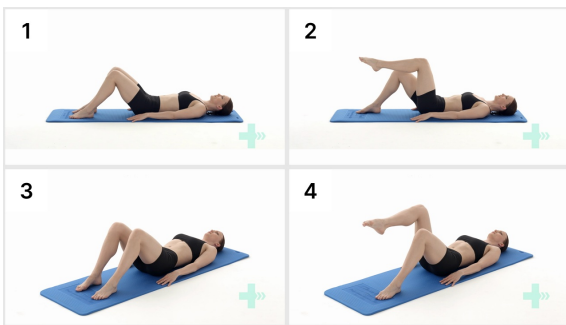
Lie on your back with your knees bent and your feet flat on the floor. Tighten your buttock muscles and lift your hips up into the bridge position. Make sure you keep your hips up and level throughout the movement.



2 Sets / 10 Reps / 2 s hold

2. Supine alternate hip flexion - movement control

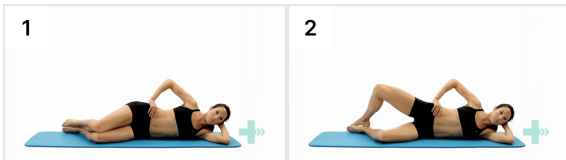
Lie on your back with your knees bent and feet flat on the floor. Maintain a hips distance between both knees and feet. Exhale and tighten your abdominal and pelvic floor muscles. Simultaneously slowly raise one leg, keeping your knee at 90 degrees. Inhale holding this position, then exhale and lower your leg back down to the floor. Repeat this movement on the other side, ensuring you do not twist or arch your trunk.



2 Sets / 10 Reps

3. Clam shells

Lie on your side with your feet, ankles and knees together. Bend the legs a little and tighten your core stability muscles. Keeping the feet together, lift the top knee up. Make sure you don't roll your body back with the movement. Control the movement as you bring the knee back down to the starting position.



2 Sets / 10 Reps / 1 s hold

4. 4 point kneeling, opposite arm and leg lift

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 arm out in front, and the opposite leg out behind you. Bring both the arm and leg back down. Repeat with the other opposite pair. Keep your back still throughout the movement.



5. Cat and camel pose

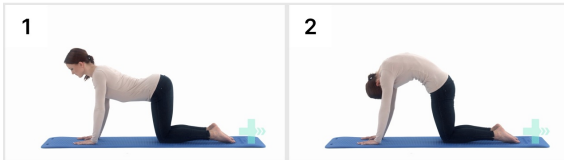
Start on your hands and knees with your back in a neutral position.

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.



6. Supine hamstring stretch

Lie on your back and bend your affected leg in towards you.

Interlace your fingers behind the thigh to firmly hold the leg as you straighten out your knee, feeling the stretch behind your thigh.

