

## PROGRAM ADVICE

Always begin by engaging your core - abs & glutes  
Good form is essential. Poor form will lead to lack of progress or injury  
Don't rush, concentrate on the muscle you're working and breathe  
Exercise depth should only be to where your mobility comfortably allows  
Avoid moves that cause pain or you're not clear how to do correctly.

SETS & REPS: N/A

FREQUENCY: N/A



## PROGRAM INFORMATION

Do program 'circuit style'-do only 1 set of each exercise and then move on to the next exercise, resting no more than 20seconds in between.  
Once you've finished 1 set of each, start back at the top and repeat the program again like this for the desired number of sets.  
Start with 1 set and as your strength improves build up to 3

SETS & REPS: N/A

FREQUENCY: N/A

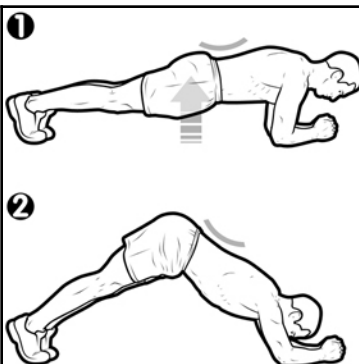


## PLANK ON KNEES & ELBOWS

With feet, knees and forearms on the ground set up to a plank position (your elbows should be directly under your shoulders). Concentrate on keeping your spine in a neutral position while contracting your lower abdominals and gluteals. Hold for 30 - 60 seconds.

SETS & REPS: 1-3 x 30-60secs

FREQUENCY: 3-4 x week

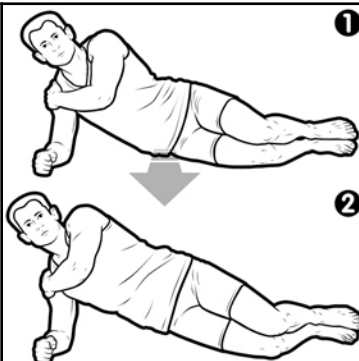


## PRONE BRIDGE TO PIKE

Assume the Plank position with feet & forearms on the ground (elbows directly under your shoulders) and knees off the ground. Keep your spine in a neutral position while contracting your lower abs and glutes. From this position, raise your hips up as high as you can, without bending your spine (2). Slowly lower and repeat.

SETS & REPS: 1-3sets x 10

FREQUENCY: 3-4 x week

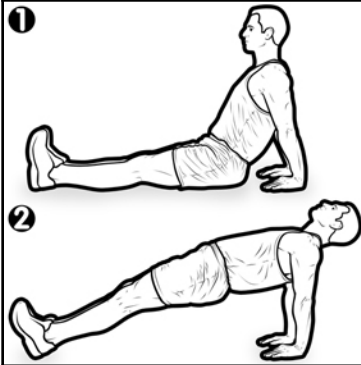


## LIFT TO SIDE PLANK

Prop yourself on your elbow with your knees bent and slightly forward. Use your top hand to grasp and stabilise your bottom shoulder (1). Contract your lower abdominals as you lift your hips off the floor and into the side plank (on knees) position (2). Hold for 10 secs then lower your hips back to the floor. Repeat on both sides

SETS & REPS: 1-3, 5x10secs/side

FREQUENCY: 3-4 x week

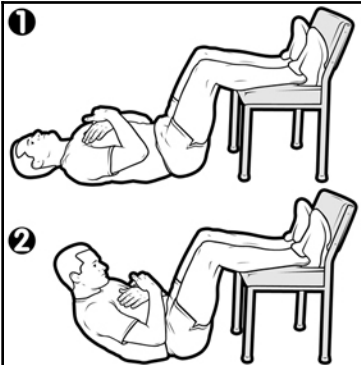


## REVERSE PLANK

Sit with your legs straight in front of you, hands by your sides and pointing forwards and arms straight (1). Contract your lower abdominals as you raise your hips up high to form the reverse plank position (2). Concentrate on keeping the spine in a neutral position and contracting your lower abdominals and gluteals. Hold.

SETS & REPS: 1-3sets x30-60secs

FREQUENCY: 3-4 x week

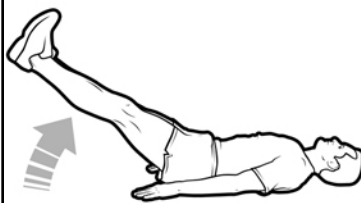


## ABDOMINAL CRUNCH

Lying on your back with your hips and knees bent to 90° and your calves resting on a chair, cross your arms over your chest (1). Use your abdominals to slowly curl your shoulders and upper back off the floor (2). Slowly lower and repeat.

SETS & REPS: 1-3sets, x 12

FREQUENCY: 3-4 x week



## SUPINE LEG-LIFTS

Lying on your back with legs straight. Use your abdominals to raise your legs to approximately 45°. Slowly lower your legs, concentrating on using your lower abdominals and ensuring your back does not arch off the ground (check this by placing a hand under your lower back to monitor spine movement). Repeat.

SETS & REPS: 1-3sets x 15

FREQUENCY: 3-4 x week

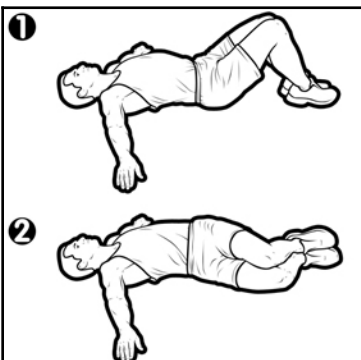


## PRONE UPPER TRUNK LIFTS

Lying on your front with your arms straight out in front of you, lift your upper body and arms off the floor. Hold for 4 seconds then relax down to start position. Repeat.

SETS & REPS: 1-3sets x 10

FREQUENCY: 3-4 x week



## LUMBAR ROTATIONS

Lie on your back with your knees bent, feet on the floor and arms outstretched (1). While keeping your shoulders flat on the floor, slowly roll your knees to one side as far as you can, rotating your lower back (2). Slowly return to the start position (1) and rotate to the opposite side. Repeat 5 x each side.

SETS & REPS: 1-3sets x 5/side

FREQUENCY: 3-4 x week