



PROGRAM ADVICE

Always begin by engaging your core - abs & glutes
 Good form is essential. Poor form will lead to lack of progress or injury
 Dont 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



1



2

ALTERNATE LEG LOWERS

Lie on your back with your hands under your lower back and your hips and knees bent to 90°. Contract and hold your lower abdominals (1). Slowly lower one leg to touch your heel on the floor (2) then return to the start position. Ensure you maintain your lower abdominal contraction and that your lumbar spine remains in neutral. Repeat with your other leg.

SETS & REPS: 1-3 x 10 (each) FREQUENCY: 3-4 x week



PRONE BRIDGE

With your forearms and feet on the floor and elbows directly under your shoulders, assume the plank position. Concentrate on keeping the spine in a neutral position and contracting your lower abdominals and gluteals. Hold.

SETS & REPS: 45-90secs FREQUENCY: 3-4 x week



4-POINT KNEELING: ARM & LEG RAISE

While on your hands and knees, assume a 'neutral' spine position and contract your lower abdominals. Extend one arm and the opposite leg out straight. Ensure your spine and pelvis remain in a 'neutral' position and your hips and shoulders do not tilt to one side. Lower and alternate sides.

SETS & REPS: 1-3 x 15 FREQUENCY: 3-4 x week



1



2

SUPINE BRIDGE WITH LEG LIFT

Lie on your back with your arms by your side, knees bent and feet flat on the floor. Contract your gluteals and hamstrings as you raise your hips until your thighs and body are in-line (1). Straighten one leg (2) and hold for 3 seconds. Lower your foot back to the floor and alternate legs.

SETS & REPS: 3 x 10 (each) FREQUENCY: 3-4 x week



1



2

BOAT POSE

Sit with your legs straight on the floor, your back straight and hands on the floor behind you (1). Raise your straight legs to a 45° angle. Then, keeping your back straight, straighten your arms in front of you parallel to the floor (2). Try to keep the angle between your legs and trunk at 90°. Hold for 30 seconds while breathing normally. Repeat.

SETS & REPS: 45-60 sec hold FREQUENCY: 1 x day



SUPERMANS IN STANDING

Stand on one leg, with your foot turned out approximately 15° and knee in line with your 2nd toe (1). Slowly bend forward from the hips, extending your leg behind you whilst simultaneously raising the opposite arm out in front (2). Ensure your spine and pelvis remain in a 'neutral' position. Lower your arm and leg and alternate sides.

SETS & REPS: 3 x 10 (each) FREQUENCY: Daily