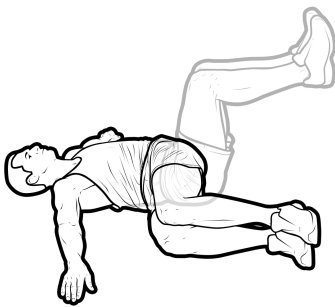


## 4-POINT KNEELING: HIP EXTENSION

While on your hands and knees, assume a 'neutral' spine position and contract your lower abdominals. Keeping your knee bent to 90°, extend your hip. Ensure your spine and pelvis remain neutral and your hips do not tilt to one side. Lower your leg and alternate sides.

SETS & REPS: 2 x 10/side

FREQUENCY: 3 x week



## LUMBAR ROTATIONS

Lie on your back with your hips and knees bent to 90°, 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. (Having your arms by your sides will increase the difficulty)

SETS & REPS: 2 x 20

FREQUENCY: 3 x week

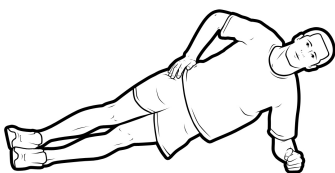


## PRONE BRIDGE

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: 3 x to tire

FREQUENCY: 3 x week



## SIDE PLANK

In side-lying with your elbow directly under your shoulder and feet on the floor, raise your hips up until your body and legs form a straight line. Concentrate on keeping your spine in a neutral position, hips up and contracting your lower abdominals. Hold.

SETS & REPS: 2/side to tire

FREQUENCY: 3 x week



## SUPINE BRIDGE

Lie on your back with your arms by your side, knees bent and feet flat on the floor (1). Raise your hips up until your body and legs are in-line. Squeeze your gluteals, lift the heel off one leg placing more load on the opposite hip, hold for 10 seconds (2). Swap legs then return to starting position

SETS & REPS: 3 x 10 secs/side

FREQUENCY: 3 x week