



WALL SQUAT

With your back against the wall and feet hip width apart, squat down until your knees reach approximately 80°. Ensure your lower legs are perpendicular to the floor. Hold this position for 1 minute.

SETS & REPS: 1 min hold

FREQUENCY: Daily

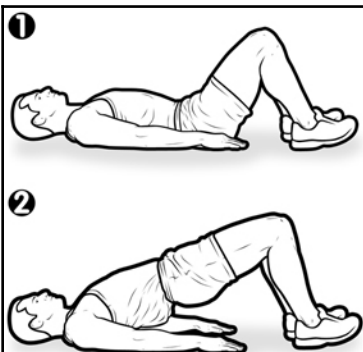


CROOK LYING PELVIC TILTS

Lie on your back with your knees bent and feet on the floor. Tilt your pelvis backwards by flattening your spine and sliding your tailbone towards your feet. Then tilt your pelvis forwards by raising your spine and sliding your tailbone towards your head. Relax and repeat 20-30 times.

SETS & REPS: 20-30 reps

FREQUENCY: 2-3 x day



SUPINE BRIDGE

Lie on your back with your arms by your side, knees bent and feet flat on the floor (1). Contract your lower abdominals as you raise your hips up until your body and legs are in-line. Squeeze your gluteals and hold for 5 seconds (2). Slowly lower your hips and repeat.

SETS & REPS: 3 x 8-10

FREQUENCY: Daily



STANDING LEFT SIDE FLEXION

Standing, slide your left hand down the side of your left leg as far as you can. Hold for 30 seconds then relax. Repeat.

SETS & REPS: 1-3 reps

FREQUENCY: 1-3 x day