

ACT

2 Sets / 10 Reps / 5 s hold



1. 4 point kneeling - knee hovers

Start on your hands and knees with your hands under your shoulders and knees under your hips.
Find your neutral spine ensuring your head is also in the neutral position with your gaze between your hands.
With your arm straight but not locked, push the heels of your hands into the floor so that your shoulder blades flatten against your back.
Keeping this neutral position with your spine and shoulder blades, tuck your toes under and lift your knees from the floor.
Your knees should only rise around 1 centimetre.
Hold this position.
You should feel the muscles in your tummy tighten.
Check that your back remains straight and your shoulder blades remain in contact with your back.

2 Sets / 3 Reps / 10 s hold



2. Side plank on knees

Lie on your side and prop yourself up on your elbow.
Bend your knees and lift your hips off the mat until you have a straight line from your knees to the top of your head.
Hold this position for as long as you can.

2 Sets / 10 Reps / 10 sec duration



3. Table top lower limb cycling

Lie on your back.
Bend your knees and keep your feet flat on the floor with your legs at hips width apart.
Bring one leg up to the table top position.
Your thigh should be vertical and your shin horizontal.
Bring your other leg to the same position, keeping your legs at hips' width apart.
Keeping your back stable, cycle your legs away from your body, controlling any excessive arching in your lower back. The further you reach your feet away, the harder the exercise is to perform.
Continue on until your muscles fatigue.



4. Pilates spine twist supine level 1

Lie on your back in a neutral spine position.
 Bring your legs into the Table Top position with your shins parallel to the floor.
 Place your arms in a "T" position, palms facing up.
INHALE: lower your legs down to one side, keeping your knees and feet together.
EXHALE: bring your legs back to the starting position.
 Alternate sides.
 Keep your shoulders stable on the mat as your pelvis rolls from side to side.
 Keep your knees together and bent at a 90 degree angle.
 Avoid arching the low back and keep it in contact with the mat throughout the movement.

2 Sets / 5 Reps / 5 s hold



5. Prone passive lumbar extensions

Lie down on your tummy and place your hands under your shoulders.
 Lift your chest up off the floor by push down through your hands, arching your lower back.
 Tighten your buttock muscles to that your hips stay on the floor.