

RAISE

MOBILISE

ACTIVATE

PRIME

1



Double Leg Glute Bridge

1. Feet hip width apart.
2. Neutral hip alignment.
3. Aim for straight line between knees and shoulders.



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2. Neutral hip alignment.
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Side Lying Clams

1. Legs bent at right angles.
2. Place hand on top hip.
3. Lift top knee away from bottom knee without top hip dropping backwards.
4. Perform the movement in a slow and controlled manner.



Side Lying Clams

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2. Place hand on top hip.
3. Lift top knee away from bottom knee without top hip dropping backwards.
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Double Arm Serratus Punch

1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Maintain a square hip and shoulder position.
3. Maintain a stable upper back and mid section.



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Standing External Rotation Elbows In

1. Maintain upright posture with shoulder blades in a neutral position.
2. Squeeze elbows against the rib cage, elbows bent at 90 degrees.



Standing External Rotation Elbows In

1. Maintain upright posture with shoulder blades in a neutral position.
2. Squeeze elbows against the rib cage, elbows bent at 90 degrees.



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Superman Arms

1. Maintain a square hip and shoulder position.
2. Palms face inwards as you lift the arm upwards and forwards.
3. Keep the back still and don't let the lower spine arch.



Superman Arms

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2. Palms face inwards as you lift the arm upwards and forwards.
3. Keep the back still and don't let the lower spine arch.

