

RAISE

MOBILISE

ACTIVATE

PRIME

2



2 Up 1 Down Glute Bridge

1. Feet hip width apart.
2. Neutral hip alignment.
3. Keep the pelvis level.



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2. Neutral hip alignment.
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Side Lying Clam With Legs Lifted

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



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



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Single Arm Serratus Punch

1. Maintain a square hip and shoulder position.
2. Maintain a stable upper back and mid section.
3. Elevate both arms to shoulder height, palms facing forwards to prevent rotation.



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Standing External Rotation, Shoulder At 45 Degrees

1. Maintain upright posture with shoulder blades in a neutral position.
2. Place the theraband under the opposite foot.



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Superman Legs

1. Maintain a square hip and shoulder position.
2. Extend the leg directly backwards fully to activate the glutes.
3. Keep the back still during the exercise.



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