

RAISE

MOBILISE

ACTIVATE

3

PRIME



## 1 Up 1 Down Glute Bridge

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



## 1 Up 1 Down Glute Bridge

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## Side Lying Straight Leg Lifts

1. Legs extended in line with the hip and shoulder.
2. Place hand on the floor in front of the sternum to stabilise.
3. Lift the top leg away from the bottom leg. Feet remain dorsi flexed.
4. Perform the movement in a slow and controlled manner.



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## Kneeling Push Up Plus

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1. Start in 4-point kneeling position with neutral head and spinal position.
2. Spread the fingers to provide a stable base of support.
3. Squeeze the shoulder blades towards each other and away from each other dynamically.



## Kneeling Push Up Plus

1. Start in 4-point kneeling position with neutral head and spinal position.
2. Spread the fingers to provide a stable base of support.
3. Squeeze the shoulder blades towards each other and away from each other dynamically.





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## Standing External Rotation, Shoulder At 110 Degrees

1. Maintain upright posture with shoulder blades in a neutral position.
2. Place the theraband under the opposite foot.
3. Maintain the shoulder position throughout the movement. Do not allow shoulder to move forwards.
4. Keep elbow at 90 degrees.



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## Superman Arms And Legs

1. Maintain a square hip and shoulder position.
2. Extend one arm forwards whilst simultaneously extending the opposite leg backwards.
3. Keep the back still and pelvis level.



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