



RAISE



MOBILISE



ACTIVATE

4



PRIME



Band Bridge

1. Normal bridge pattern with band around the knees.



Band Bridge

1. Normal bridge pattern with band around the knees.





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PRIME



Single Leg Lift With Flexion Extension

1. Lift the top leg to hip height with good spine alignment.
2. Take the upper leg forwards and backwards slowly.
3. Ensure the back doesn't arch and remains still.



Single Leg Lift With Flexion Extension

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PRIME



Toe Push Up Plus

1. Maintain a neutral spine.
2. Use shoulder blades to push body away from the floor.
3. Do not let the back sag.



Toe Push Up Plus

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2. Use shoulder blades to push body away from the floor.
3. Do not let the back sag.





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PRIME



Sword Draws

1. Band under opposite foot.
2. Thumb starts facing down.
3. Lift up with the thumb leading and pull the arm out to the side.
4. Avoid hitching the shoulder.



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PRIME



Superman With Band

1. Back flat and core contracted.
2. Superman arms and legs using the band as resistance.
3. No rotation in the lower back.



Superman With Band

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2. Superman arms and legs using the band as resistance.
3. No rotation in the lower back.

