

RAISE

MOBILISE

1,2,3

ACTIVATE

PRIME



Upper Trapezius

1. Assume a seated position with legs crossed and sitting on hands.
2. Maintain an erect upper torso position.



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Neck Rotation

1. Assume a seated position with legs crossed.
2. Maintain an erect upper torso position.



Neck Rotation

1. Assume a seated position with legs crossed.
2. Maintain an erect upper torso position.



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Standing Streamlined Reach-Ups

1. Elbow held in line with the shoulder and forearms at 90 degrees to the upper arm.
2. Stretch to full extension.
3. Neutral chin position.
4. Elbows must stay in line with the body, not pulled backwards.
5. Activate glutes and avoid the ribs flaring upwards and outwards.



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Wall Slides

1. Back flat against the wall.
2. Elbow at shoulder height, arms at right angles, palms facing forwards.
3. Try to keep the forearms, wrists and back of the hands flat against the wall as you slide the arms overhead.



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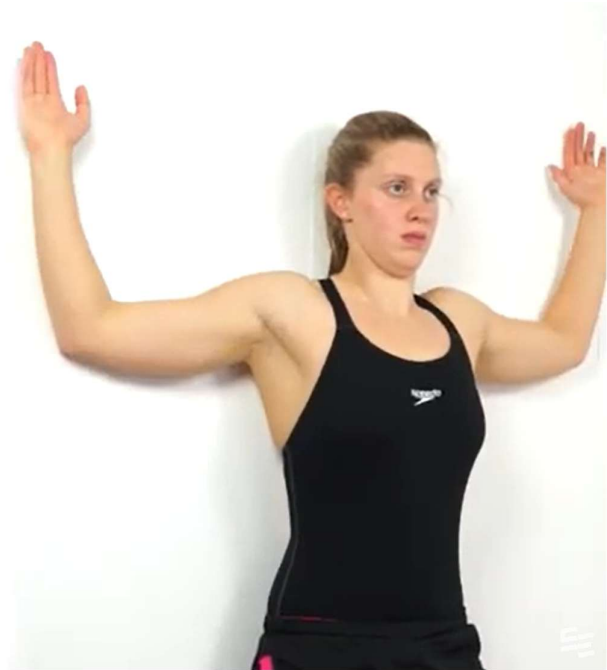
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Shoulder Internal And External Rotation

1. During the internal rotation phase, avoid the shoulders moving forwards.



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Thoracic Rotation In Sitting

1. Maintain a square hip position.
2. Rotate the body each way, keeping the hips still.
3. Let the head follow the body.



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Thoracic Rotation In 4-Point Kneeling

1. Maintain a square hip position.
2. Drop elbow down and through underneath the body.
3. Take the elbow out and up, rotating up towards the ceiling.
4. Let the head follow the elbow.



Thoracic Rotation In 4-Point Kneeling

1. Maintain a square hip position.
2. Drop elbow down and through underneath the body.
3. Take the elbow out and up, rotating up towards the ceiling.
4. Let the head follow the elbow.



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Side Lying Thoracic Openings

1. Lay on one side with bottom leg extended and top leg bent at 90 degrees.
2. Keep the hips still while rotating the upper body.
3. The head follows the hand.



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Hip Internal Rotation

1. Knees touching each other.
2. Dorsi flex the feet and drop legs to the side.



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1. Knees touching each other.
2. Dorsi flex the feet and drop legs to the side.



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Hip Lateral Lunges

1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Drop the hip downwards, not backwards, and maintain an erect torso.
3. Feet position approximately 1.5 to 2x body width and turned outwards.



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2. Drop the hip downwards, not backwards, and maintain an erect torso.
3. Feet position approximately 1.5 to 2x body width and turned outwards.



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Hip Flexor Lunge

1. Assume a kneeling position with opposite arm extended overhead to the knee which is forwards.
2. Push the front knee forwards over the front toes.
3. Maintain alignment of the hip and shoulder.



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2. Push the front knee forwards over the front toes.
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Standing Calf Lunge

1. Feet hip width apart.
2. Knee to push forwards directly over the front toe towards the wall.
3. Heel remains down on the front foot.



Standing Calf Lunge

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2. Knee to push forwards directly over the front toe towards the wall.
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Heel Drops

1. Feet hip width apart on edge of box.
2. Drop the heels downwards below the level of the box and dynamically move upwards and downwards.



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Knee Extension And Ankle Dorsiflexion Combination

1. Hold the back of the upper leg with the knee flexed at the appropriate angle to be able to then extend the knee and straighten the lower leg.



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