

RAISE

MOBILISE

ACTIVATE

PRIME

1



## Box Push Ups

1. Assume a 4-point kneeling position.
2. In the descent phase keep the elbows tucked into the side of the body.



## Box Push Ups

1. Assume a 4-point kneeling position.
2. In the descent phase keep the elbows tucked into the side of the body.



RAISE

MOBILISE

ACTIVATE

PRIME

1



## Swimmer Pulse With Band

1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Perform a backwards pulsing action.



RAISE

MOBILISE

ACTIVATE

PRIME

1



## Zombie Squat

1. Maintain an erect upright torso position.
2. Drop the hips downwards.
3. Controlled descent phase, activate glutes and perform a strong upward drive.



## Zombie Squat

1. Maintain an erect upright torso position.
2. Drop the hips downwards.
3. Controlled descent phase, activate glutes and perform a strong upward drive.



RAISE

MOBILISE

ACTIVATE

PRIME

1



## Split Squats With Hands On Hips

1. Maintain an erect upright torso position.
2. Maintain extension through the thoracic spine.
3. Maintain a vertical shin angle.



## Split Squats With Hands On Hips

1. Maintain an erect upright torso position.
2. Maintain extension through the thoracic spine.
3. Maintain a vertical shin angle.

