

RAISE

MOBILISE

ACTIVATE

PRIME

1



Box Push Ups

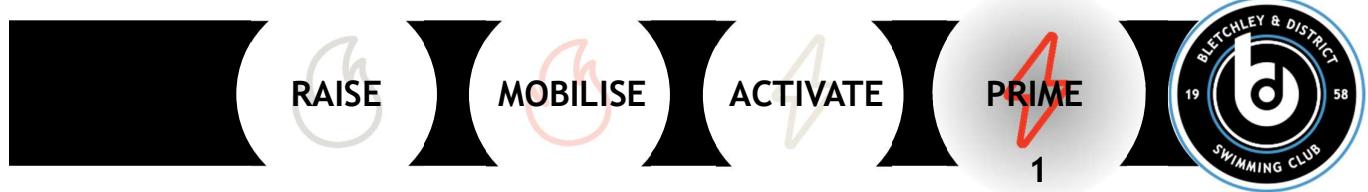
1. Assume a 4-point kneeling position.
2. In the descent phase keep the elbows tucked into the side of the body.



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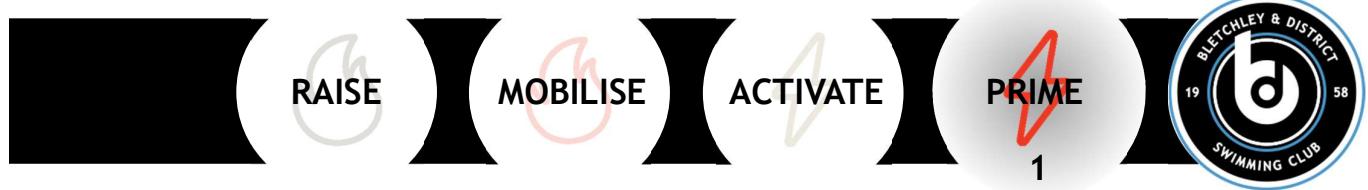




Swimmer Pulse With Band

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





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.



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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.



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