

RAISE

MOBILISE

ACTIVATE

PRIME

2



Knees Down Push Up

1. Assume a 4-point kneeling position.
2. In the descent phase, keep the elbows tucked into the side of the body.
3. Ensure the back does not extend.



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Neutral Grip Standing Row

1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Palms facing inwards and parallel to each other at shoulder width.



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Prisoner Squat

1. Hold hands behind head.
2. Maintain an erect upright torso position.
3. Maintain extension through the thoracic spine. Do not let the elbow move forwards.



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Hands On Hips Reverse Lunge

1. Maintain feet at hip width apart.
2. Keep the hips downwards in a neutral position.
3. Maintain a square hip position.
4. Maintain an erect upright torso position.
5. Maintain extension through the thoracic spine.



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