

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

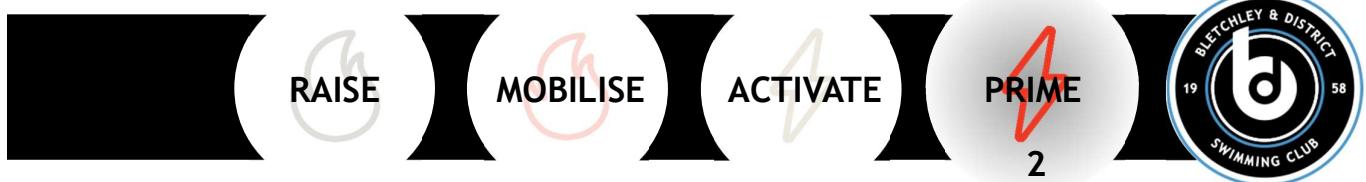
1. Maintain upright posture with shoulder blades pulled downwards and backwards.
2. Palms facing inwards and parallel to each other at shoulder width.



Neutral Grip Standing Row

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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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