

RAISE

MOBILISE

ACTIVATE

PRIME

3



Full 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. Make sure the lower back does not extend or sag.



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Band Pull Down

1. Start with arms held outstretched at shoulder height.
2. Hold the band with a closed grip and palms facing backwards.



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Band Overhead Squat

1. Maintain an erect upright torso position.
2. Externally rotate the shoulders to help maintain thoracic extension.
3. Make sure the knee does not move in front of the toes.



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Bulgarian Split Squat

1. Maintain hip width stance.
2. Maintain an erect upright torso.
3. Hands on hips.
4. Keep feet and knees facing forwards throughout.



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