

## Hip Bridge



### Explanation

- Lay on your back with your hands out wide with your palms facing up in the air.
- Your back is flat on the ground, Knees bent and feet slightly apart but also flat.
- Push the top of your back into the ground, whilst at the same time squeezing your glutes (bum) and push your hips up into the air.
- Ensure the emphasis is on squeezing your bum rather than just lifting your hips.

Raise up until your shoulders, hips and knees are in line

## Hip Ups



### Explanation

- Lay on your back with your hands out wide with your palms facing up in the air.
- Your back is flat on the ground, Knees bent and feet slightly apart but also flat.
- Push the top of your back into the ground, whilst at the same time squeezing your glutes (bum) and push your hips up into the air.
- Ensure the emphasis is on squeezing your bum rather than just lifting your hips.
- Raise up until your shoulders, hips and knees are in line.
- Hold for the time prescribed at the top before and lowering.
- Return to the start position and repeat.

## Hip Marching



### Explanation

- Push Hips up as in the two previous exercises
- Now just lift one foot off the ground between one and four inches
- Focus on keeping the hips level and return the foot to the ground
- When the foot hits the ground the other leg will now replicate the same movement
- This is all about keeping the pelvis level.

## Prone Lying Hip Lifts



### Explanation

- Lay on your front with the hands under the chin and the chest resting on the floor
- Squeeze the glutes together
- Straighten the leg that you want to lift and lift the foot.
- Do not go any higher than you can keep both hips firmly in contact with the ground.
- Return the leg to the ground and repeat the movement

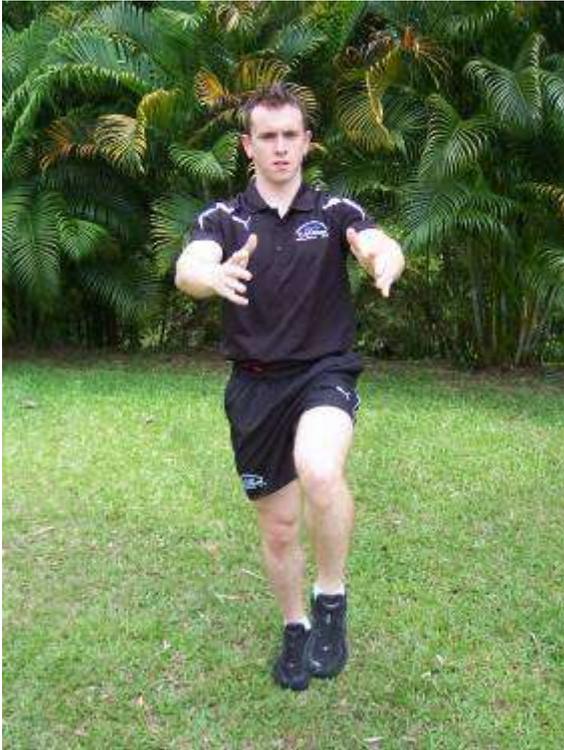
## Single Leg Reaches / SL Reaches



### Explanation

- Standing on one leg, reach forward to an object with the opposite hand
- Try to keep the knee slightly flexed but lean forward from the hips
- Once you have touched the object, that is roughly 3 feet away from you return to the start position
- Without touching the ground with the non standing leg , stand tall and repeat the movement

## SL Disassociation



### Explanation

- Stand on one leg, try to bring the knee to hip height
- Both hands out in front, keep them away from the body
- Take hands round to the side of the body , let the eyes follow
- Come back to the start position
- Perform the number of reps or time allocated
- Now change legs and do the same on the other side

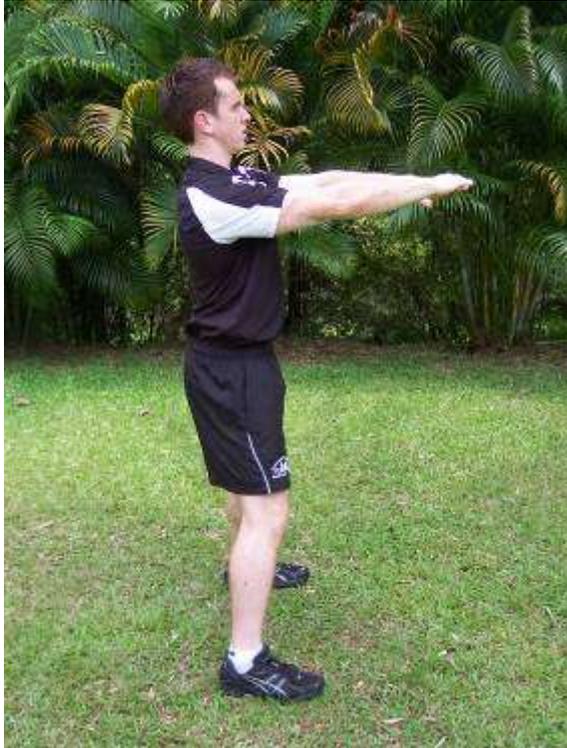
## Runners



### Explanation

- Start in the press up position, hands under the shoulders
- Glutes braced, abdominals braced
- Head looking at the hands
- Now lift one knee towards the chest and return to start position
- As soon as the foot lands, replicate with the other leg

# Squats



## Explanation

- Start Position: Stand with your feet just greater than shoulder-width apart.
- Place your hands out in front.
- Imagine you are trying to sit down on a seat behind you and slowly lower yourself down. Make your hips go back as far as possible.
- Keep your head up and abs contract. Do not round your lower back.
- Push up through your heels, squeezing your glutes to return to the start position.

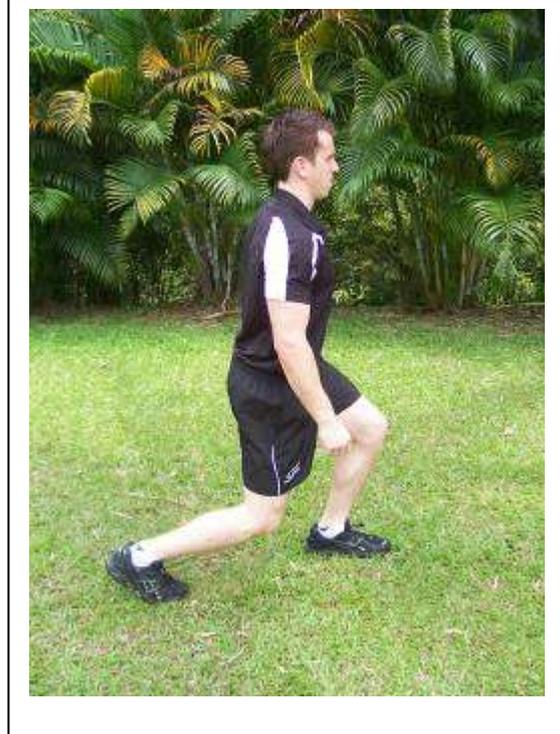
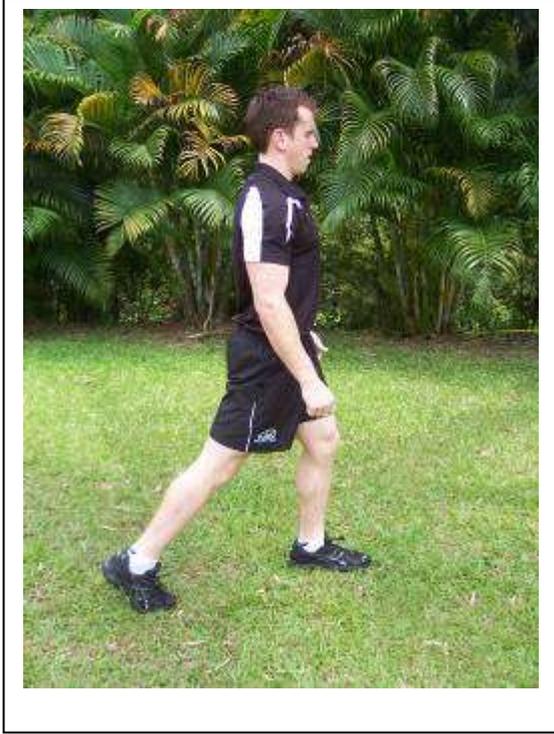
# Plank



## Explanation

- Lie face down on the ground.
- Push your toes into the ground and straighten your legs as much as you can so your glutes (bum) are clenched firm.
- Raise yourself up on to your forearms, elbows directly under shoulders.
- Keep your back straight and your hips in line with shoulders.
- Hold your abs in by pulling your belly button in and hold it tight but don't hold your breath.
- Hold this position until the time has elapsed.

## Pulsing Lunges/ DB Pulsing Lunges



### Explanation

- Adopt a split stance (one foot in front of the other with back knee at 90 degrees when on the floor)
- Stand tall with the back heel off the ground
- Now dip down about a  $\frac{1}{4}$  of the depth you could go and push back up
- When standing up try to push up on the toes of the back foot
- This movement is best done relatively fast, but you must make sure the knees and toes stay in line.

NB. The technique is exactly the same for the Dumbbell version.

## Side Plank



### Explanation

- To start this exercise lay on the ground
- Put one elbow under the shoulder and rest on the forearm
- Check that the knees, hips and shoulders are in line. Commonly the hips will be back, so squeeze your glutes together to push them forward
- Now, brace the core and lift the hips off the ground as high as possible.
- The exercise on the left shows you the easier option, and then the exercise on the right shows you the progression. Just make sure you are ready for this one, keeping the top leg in line with the hips and shoulders as in the first exercise.

## Iso Wall Squat



### Explanation

- Start Position: Stand with your feet just greater than shoulder-width apart.
- Place your hands by your side, pulling your shoulders back and down.
- Imagine you are trying to sit down on a seat behind you and slowly lower yourself down. Make your hips go back as far as possible.
- Keep your head up and abs contract . Do not round your lower back.
- Try to go no deeper than 90 degrees.
- Keep your knees behind your toes

## Stability Ball (SB) Bridge



### Explanation

- Lay on your back
- Place your lower legs on top of the ball, keep feet, ankles and hips aligned
- Tuck the pelvis underneath ( pushing lower back into the floor)
- Brace the core
- Lift up so that the legs are straight
- Squeeze your glutes together and hold for the designated time

## Hyperextensions (Glutes On)



### Explanation

- Lay on your front facing into the ground.
- Place your hands under your chin.
- Go up on to your toes, push them into the ground and straighten your legs as much as you can so you can feel your bum clenched. Hold this.
- Raise your chest, head and arms slightly off the ground (still legs straight and bum clenched. If you feel it in your lower back you are not squeezing enough
- Lower back down to one inch off the ground and repeat

## SB Hip Ups



### Explanation

- Lay on your back
- Place your lower legs on top of the ball, keep feet, ankles and hips aligned
- Tuck the pelvis underneath ( pushing lower back into the floor)
- Brace the core
- Lift up so that the legs are straight
- Now squeeze the glutes at the top, but lower down to just 1 inch off the ground and repeat.

## Renegade Rows



### Explanation

Start Position: Hold yourself up in a Press Up position with your hands a little closer together.

Take your feet apart, approximately a metre or so.

Contract your Abs (pull your belly button in).

Then bring your right elbow straight up so it brushes your side and is pointing up to the ceiling.

Keep your hips still.

Then lower the right arm again and repeat with the left side.

Keep going until the time has elapsed but be sure to keep good form and control the movement.

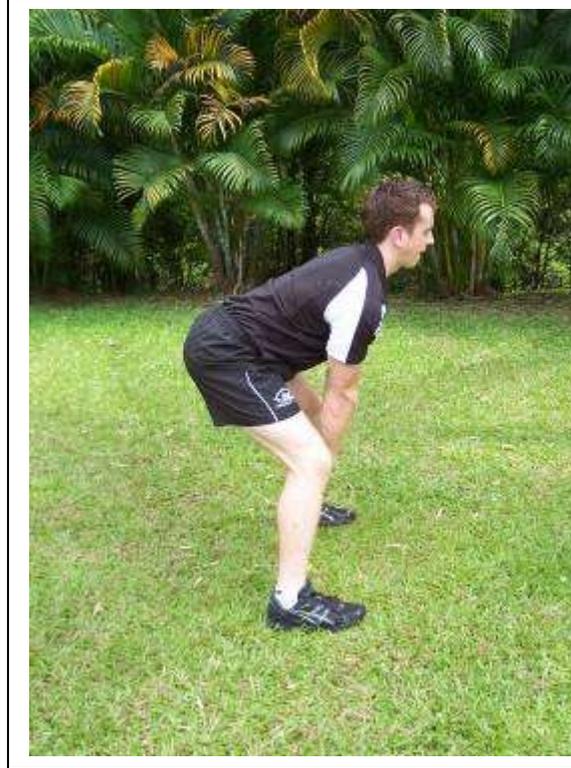
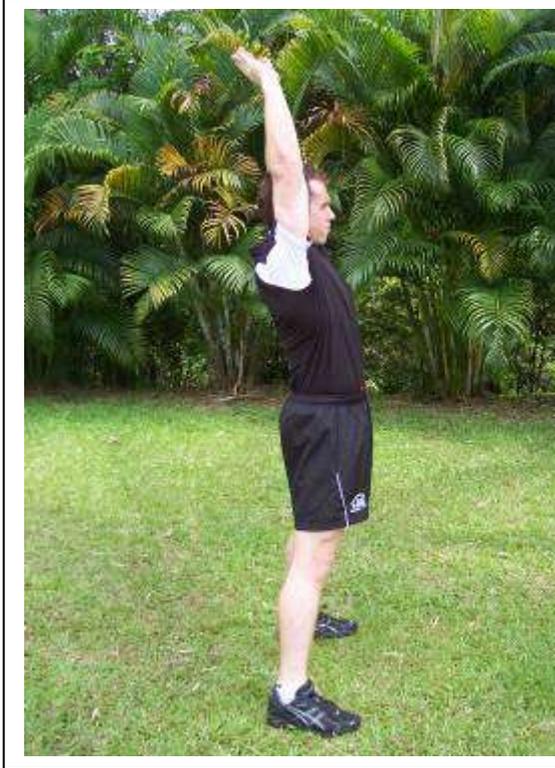
## Recline Pulls



### Explanation

- Feet hip width apart
- Lay back with hips high, glutes engaged
- Pull yourself up, concentrate on the Shoulder blades squeezing together
- keep elbows tucked in
- Lower yourself down so the elbows straighten but make sure your glutes stay squeezed and the hips stay up

## Stiff Legged Swings with Glute Squeeze



### Explanation

- Stand with the feet just wider than shoulder width, glutes squeezed and hands reaching tall and behind the head.
- Keep the hands stretched away, now flex forward from the hips keeping the knees at the same angle
- Reach between the legs and then stand tall, pushing the hands back behind the head, trying to squeeze the glutes tight here. Repeat.

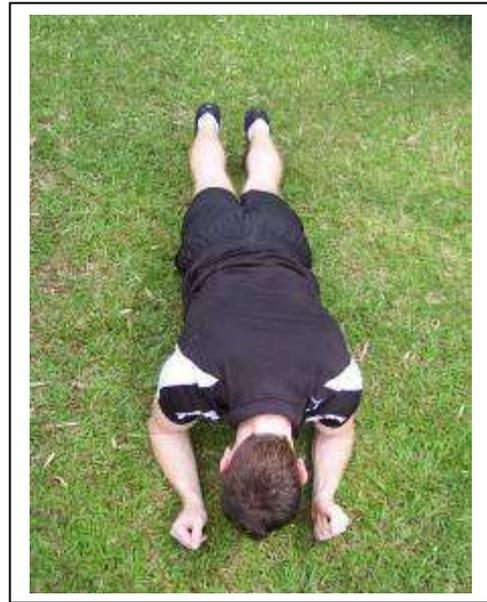
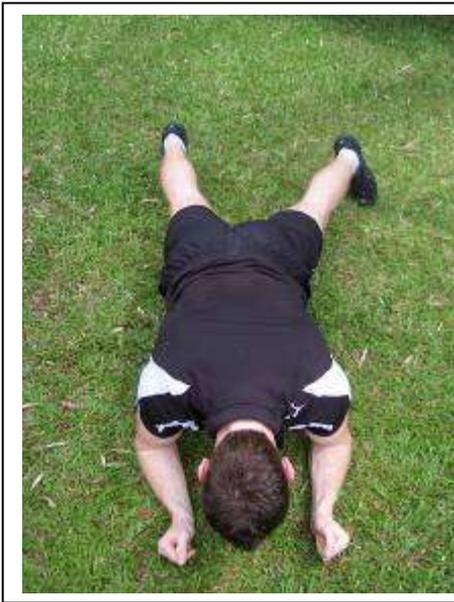
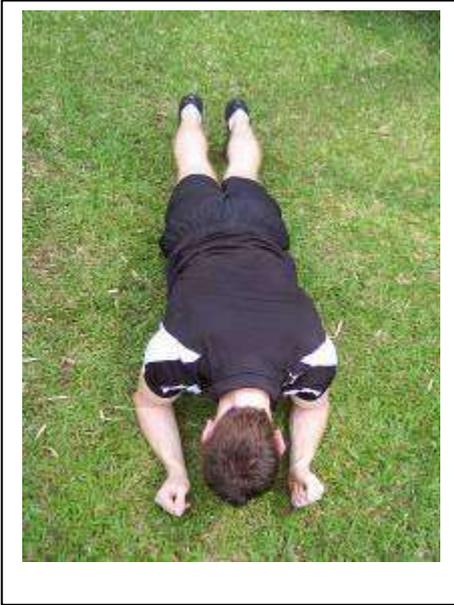
## Reverse Crunches



### Explanation

- Lay on your back with your feet hip width apart and your knees bent
- Hold on to an object behind you, it needs to be heavy so that you don't pull it.
- Brace the core and lift the knees towards the chest.
- The hips should come just up off the floor with the momentum of the movement
- Keep the core tight and slowly lower the feet to the start position

## Plank Leg Walk Outs



### Explanation

- Lie face down on the ground.
- Push your toes into the ground and straighten your legs as much as you can so your glutes (bum) are clenched firm.
- Raise yourself up on to your forearms, elbows directly under shoulders.
- Keep your back straight and your hips in line with shoulders.
- Hold your abs in by pulling your belly button in and hold it tight but don't hold your breath.
- Take one leg out, then the other, then bring the first leg back in, followed by the second. Repeat.

## Swan Dives



- Lay on your front facing into the ground.
- Place your hands out at 90 degrees of you l.
- Go up on to your toes, push them into the ground and straighten your legs as much as you can so you can feel you bum clenched. Hold this.
- Raise your chest, head and arms slightly off the ground (still legs straight and bum clenched. If you feel it in your lower back your are not squeezing enough)
- Slowly bring your arms away and try to get your elbows straight, and hold for a second before returning to the starting position in reverse order and repeat.

## Spiderman Hold's



### Explanation

- Start with the knees under the hips and hands under the shoulders
- Keeping the abdominals braced and the hips level.
- Take the opposite hand and leg away from the body at the same speed
- Keep the glute squeezed and point the thumb towards the sky
- The foot should not go higher than the glute and the hand no higher than the shoulder.
- Hold this position for the prescribed time.

## Squat Pauses



### Explanation

- Start Position: Stand with your feet just greater than shoulder-width apart.
- Place your hands out in front
- Imagine you are trying to sit down on a seat behind you and slowly lower yourself down. Make your hips go back as far as possible.
- When you get half way down pause, and then carry on until you reach the bottom.
- Keep your head up and abs contract . Do not round your lower back.
- Push up through your heels, squeezing your glutes to return to the start position pausing half way up as well

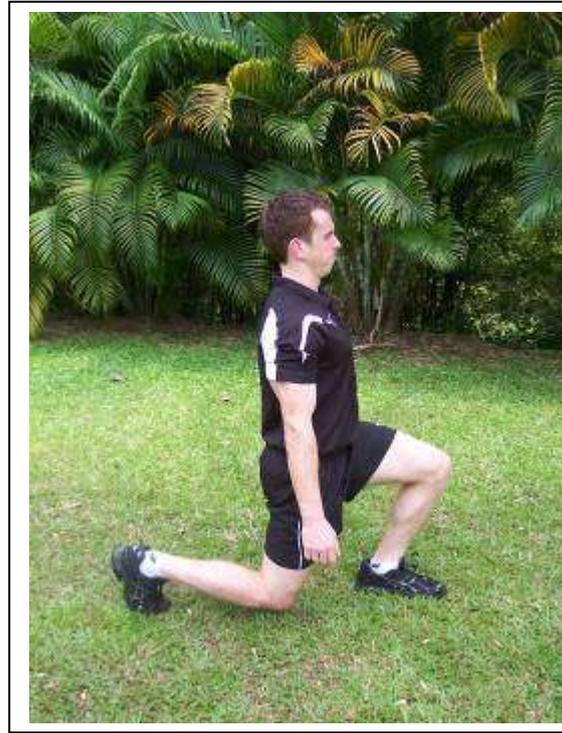
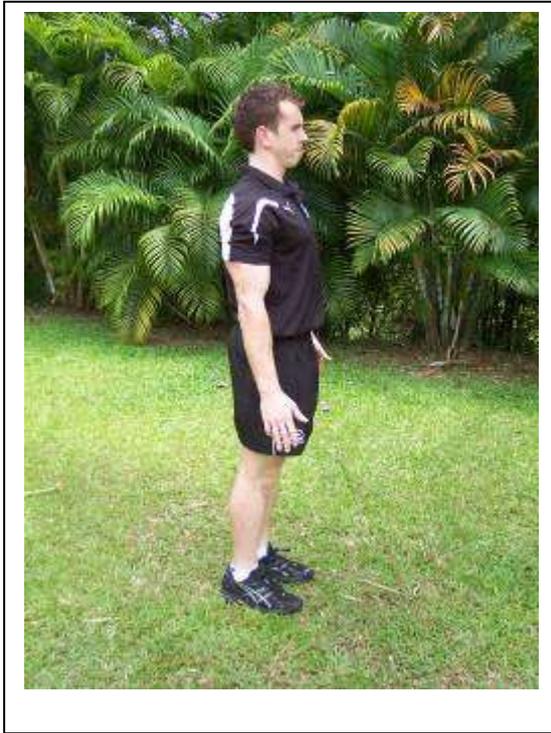
## Press Up



### Explanation

- Lie on the floor with your hands placed slightly wider than shoulder-width apart.
- Push yourself up through your hands, squeeze your chest and keep your toes pushed into the ground, keeping your body straight. This is the start position.
- Slowly lower yourself to the ground so your about 2 inches from touching it and then raise yourself to the start position again
- Keep your body in a straight line at all times.

# Lunges



## Explanation

- Stand up straight with your hands on your hips, shoulders pushed down.
- Step forward with your one leg, taking a slightly larger than normal step.
- Then lower your body until the front thigh is parallel to the ground (only go half way if you find this too hard)
- The back knee should be bent and lowered to the ground but don't let it touch.
- Keep your upper body upright position at all times by contracting your glutes and abs
- Push up to the upright position, and step back to the start position.
- Then lead out with the other leg.

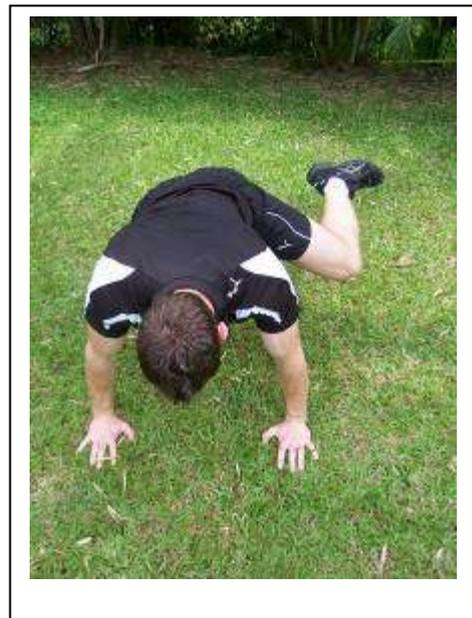
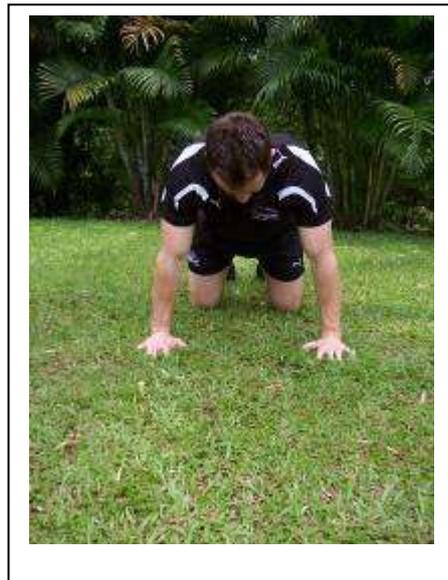
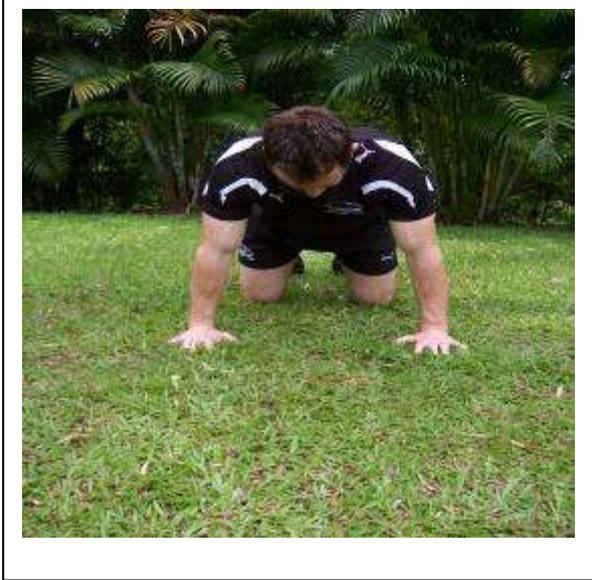
## Single Leg Hip Bridge



### Explanation

- Lay on your back with your hands out wide with your palms facing up in the air.
- Your back is flat on the ground, Knees bent and feet slightly apart but also flat.
- Push the top of your back into the ground, whilst at the same time squeezing your glutes (bum) and push your hips up into the air.
- Ensure the emphasis is on squeezing your bum rather than just lifting your hips.
- Raise up until your shoulders, hips and knees are in line
- Now extend on leg fully , pointing the toes towards the sky
- Keep the pelvis level beware of it dropping on the side that the leg is raised

## Prone Bent Knee Hip Abduction



### Explanation

- Start with the knees under the hips and hands under the shoulders
- Keeping the abdominals braced and the hips level.
- Take one knee away from the body, squeezing the glute.
- Don't roll the hips; just take the knee away as far as you can manage without sacrificing technique. Return to the start position and repeat.

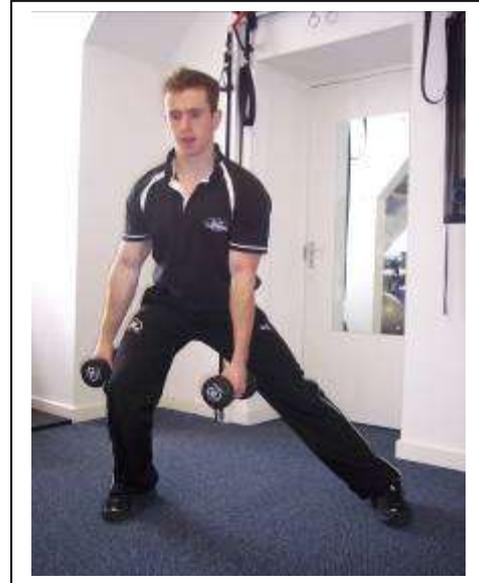
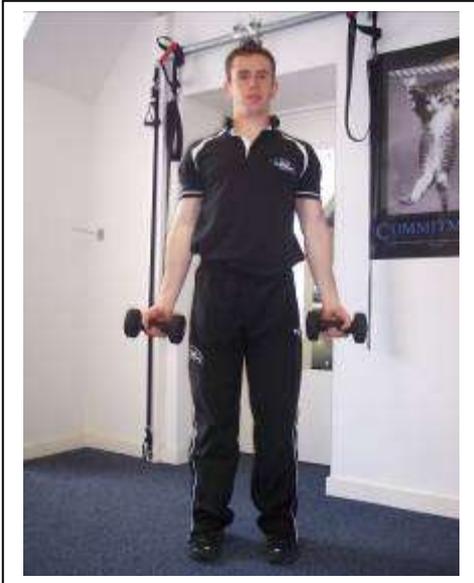
## Squat Thrusts



### Explanation

- Get into the full push up position, with hands under the shoulders and on the toes.
- Abdominals braced, hips up
- Now take both knees towards the chest landing on the toes
- Return to the start position and keep core tight, land on the toes.

## Dumbbell (DB) Lateral Lunges



### Explanation.

- Take a big step out to the right and bend your right knee keeping the left nice and straight.
- Bring your bum down to the ground but make sure you keep your upper body upright rather than bending forward (a little bend forward is fine).
- Keep your head up at all times.
- Take the dumbbells either side of the knee
- Return to the start position by pushing off the right foot, and then step out with your left leg.
- Repeat until the time is up.

## Plank + Hip Extension



### Explanation

- Lie face down on the ground.
- Push your toes into the ground and straighten your legs as much as you can so your glutes (bum) are clenched firm.
- Raise yourself up on to your forearms, elbows directly under shoulders.
- Keep your back straight and your hips in line with shoulders.
- Hold your abs in by pulling your belly button in and hold it tight but don't hold your breath.
- Now lift one leg until it gets just higher than glute height if possible
- Keep the leg straight and squeeze the glute.
- Return the foot to the ground and try to minimise the hip movement

## Side Plank + Rotation



### Explanation

- To start this exercise lay on the ground
- Put one elbow under the shoulder and rest on the forearm
- Check that the knees, hips and shoulders are in line. Commonly the hips will be back, so squeeze your glutes together to push them forward
- Now, brace the core and lift the hips off the ground as high as possible.
- Now I want you to reach under the arm pit looking behind you and then return to the start position.
- The easier version of the exercise is shown on the left and the harder option on the right.
- The left is the start position, the right is the finish.

## SB Bridge with Bent Knees + Alternating Leg Lift



### Explanation

- Lay on your back
- Place your feet flat on top of the ball, keep feet, ankles and hips aligned
- Tuck the pelvis underneath ( pushing lower back into the floor)
- Brace the core
- Lift up so that the legs are almost straight
- Squeeze your glutes together , then slowly lift one foot off the ball
- Then return it to the ball and lift the other foot
- Try to minimise the movement at the hips as much as possible.
- Every time you move a limb will count as one repetition.

## Band Product (BP) Rotations



### Explanation

- Stand with the feet shoulder width apart
- Hold the band away from the body at the left hip
- You should always keep the knees soft and the hands should always work between the feet
- You should feel as if the outside leg is just coming off the ground, but you keep it down
- Brace the core and take the hands to the opposite hip and return to the start position

## Renegade Row + Press Up



### Explanation

- Start in the press up position with the abdominals braced; bring the hand off the floor, brushing the ribs with the elbow. Return the hand to the floor and repeat the movement with the other hand,
- Then move into the press up, keeping core tight, glutes squeezed, and lower to around two inches off the ground.
- Return to the start position and repeat

## Stability Ball (SB) Plank



### Explanation

- From a kneeling position, place the forearms on the ball, shoulder width apart
- Brace the abdominals and squeeze the glutes together
- Lift the hips up so that you are on the forearms and toes
- You may like to begin with the ball against the wall and as you progress bring the ball away to increase the stability demands

## Down + Up Plank



### Explanation

- Start in the press up position
- Drop on to one elbow and then on to the other, so you are in a plank position
- Push back up on to one hand and then the other
- You are now back at the start position
- You need to concentrate on keeping the hips level and bracing the core. Minimising the roll of the hips is crucial

## Stability Ball (SB) Reverse Hyperextensions



### Explanation

- Lay face down on the ball, with the pelvic region touching the ball, the hands and the feet on the floor.
- Straighten the legs, squeeze the glutes pushing the hips into the ball
- Take the legs up so that the shoulders and feet are in line
- If it is too hard shuffle forwards on the ball so that more of your upper leg is in contact with the ball

## Spiderman Moving



### Explanation

- Start with the knees under the hips and hands under the shoulders
- Keeping the abdominals braced and the hips level.
- Take the opposite hand and leg away from the body at the same speed
- Keep the glute squeezed and point the thumb towards the sky
- The foot should not go higher than the glute and the hand no higher than the shoulder.
- Return to the start position, but don't touch the ground and repeat.

## Squat to Calve Raise



### Explanation

- Start Position: Stand with your feet just greater than shoulder-width apart.
- Place your hands out in front.
- Imagine you are trying to sit down on a seat behind you and slowly lower yourself down. Make your hips go back as far as possible.
- Keep your head up and abs contract . Do not round your lower back.
- Push up through your heels, squeezing your glutes to return to the start position.
- Now push up on to the toes.

## Standing Sprint



### Explanation

- Quite simply running on the spot.
- Make sure you raise your knees as high as you can.
- And as fast as you can.
- Keep your upper body upright, shoulders back and pushed down for good posture.

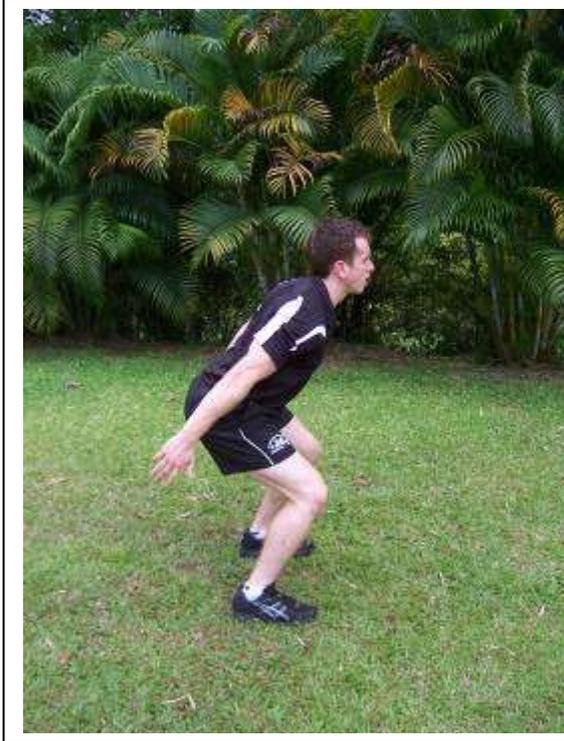
## Swap Over's



### Explanation

- Start in split stance with one foot in front of the other, both the knee and foot facing straight ahead. Look up.
- Quickly swap the feet over in a jump like movement
- Keep the core tight to stop the upper body falling forward and the knees soft at all times.
- Every time you move is one repetition.

## Squat Jumps



### Explanation

- Start Position: Stand with your feet just greater than shoulder-width apart.
- Place your hands by your side, pulling your shoulders back and down.
- Imagine you are trying to sit down on a seat behind you and slowly lower yourself down. Make your hips go back as far as possible.
- Keep your head up and abs contract. Do not round your lower back.
- Push up through your heels, squeezing your glutes and get some air between your feet and the floor.
- Use the arms to give you some momentum

## Band Rows



### Explanation

- Stand with the feet, shoulder width apart
- Start palms down and squeeze the shoulder blades together
- Finishing with the palms facing the sky and the hands near to the ribs

## Alternating Band Rows



### Explanation

- Start feet shoulder width apart.
- Lean forward from the hips with the arms out stretched
- Pull one hand towards the arm pit and then return to the start position
- Repeat exactly the same with the other arm
- Keep your shoulders above the hips at all times

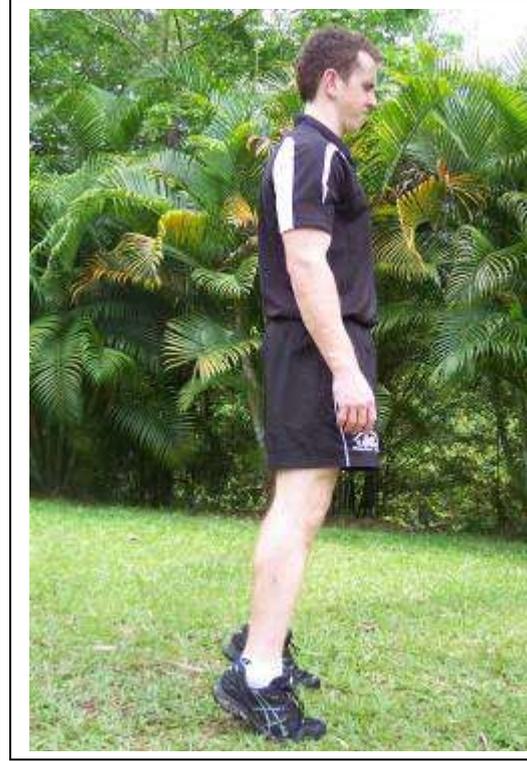
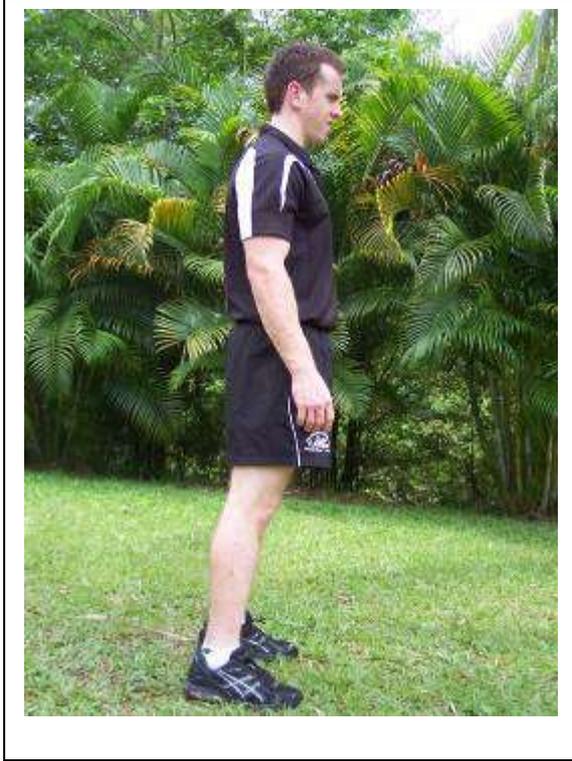
## Explosive Recline Pulls



### Explanation

- Feet hip width apart
- Lay back with hips high, glutes engaged
- Pull yourself up hard concentrate on the Shoulder blades squeezing together and getting slack in the towel
- keep elbows tucked in
- Lower yourself down so the elbows straighten but make sure your glutes stay squeezed and the hips stay up
- This is a dynamic exercise so put your feet further back if you can't quite get the slack in the towel on the way up.

## Calf Raises



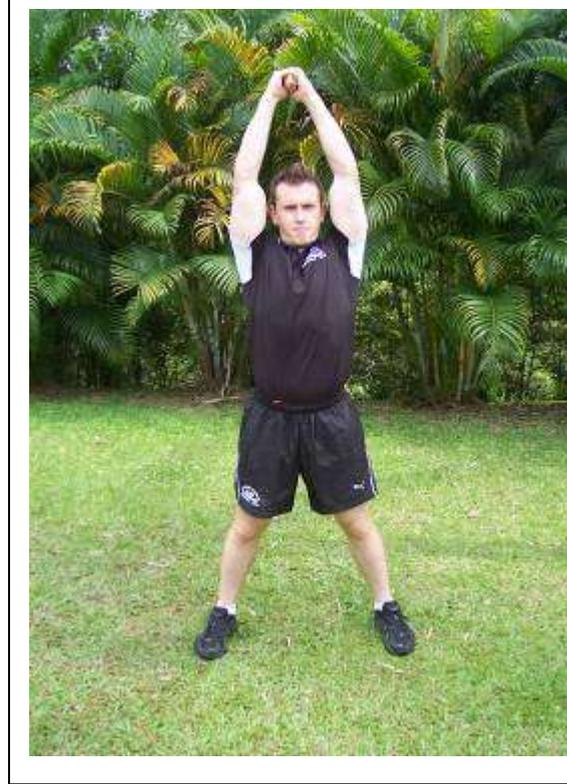
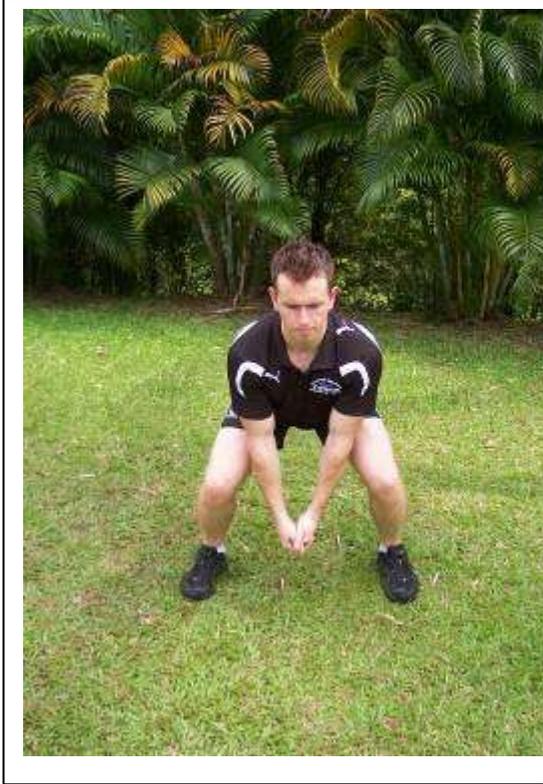
### Explanation

Starting with the feet hip width apart

Push up on to the toes and then lower back to the start position

Stay tall and if you want to increase the intensity, find a step and let the heels hang off the edge.

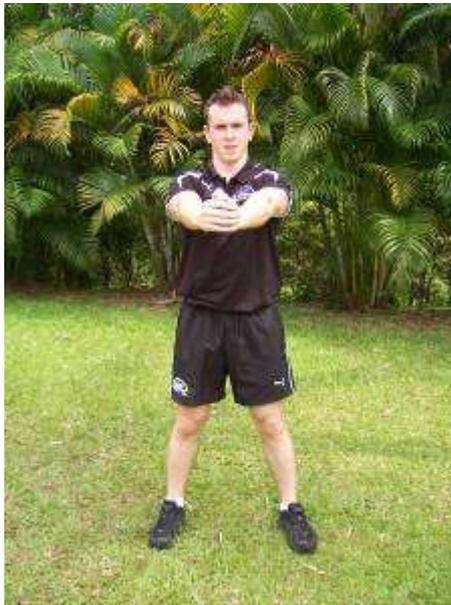
## Vertical Wood Chop



### Explanation

- Start with the feet shoulder width apart
- Keep the arms straight
- Squat, keeping the back straight and the hips back, and take the arms inside the knees
- Stand tall squeezing the glutes together
- repeat

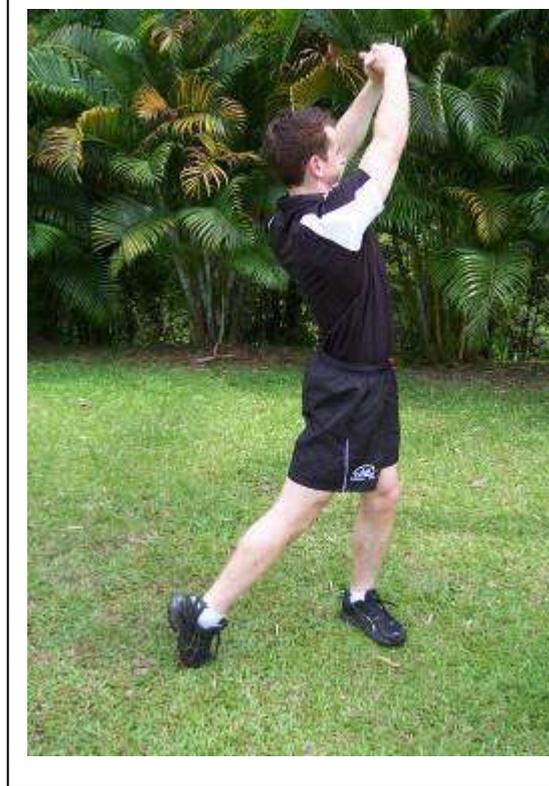
## Rotational Wood chop



### Explanation

- Feet shoulder width apart
- Elbows soft
- 90 degree pivot with training leg
- Planted foot stays forwards
- Hands stay in line with sternum
- Rotate 180 degrees
- Engage core

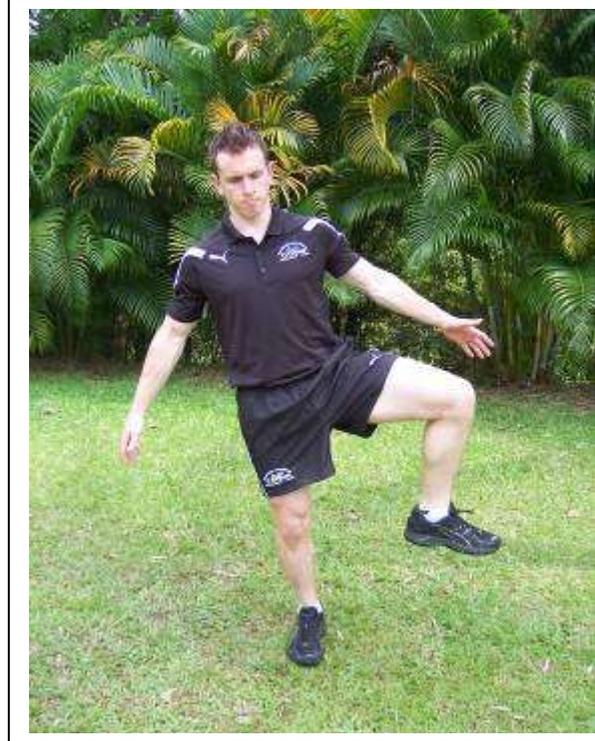
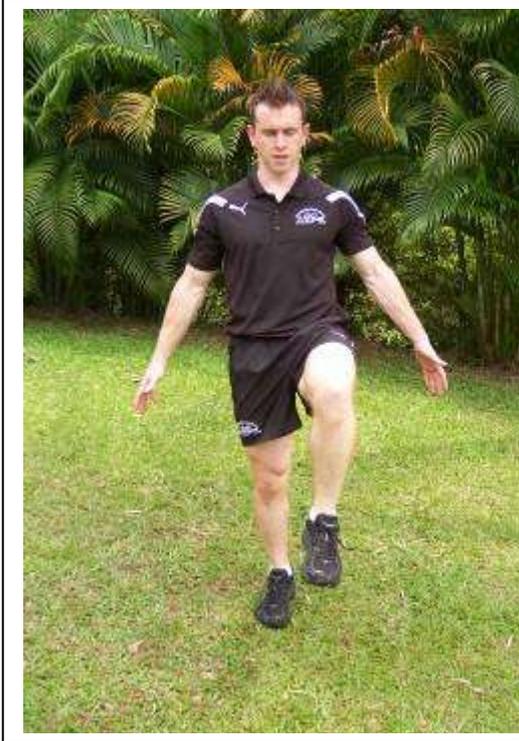
## Diagonal Wood chop



### Explanation

- Perform squat motion
- Rotate on the opposite toe to the side you reach down.
- Hands to outside of knee
- Stand up with diagonal chop across body
- Hands finish in line with head
- Tall posture
- 180 degree rotation
- Pivot 90 degrees off trailing foot

## Crescents



### Explanation

- Stand on one leg
- Lift the knee up
- Take the knee away to open up the hip
- Return foot to floor and repeat

## Tennis Ball Rolling For Lower Back



### Explanation

- Place the tennis ball in the small of the back to one side of the spine
- Roll up and down the same direction as the spine but stay on the muscle
- Stay on the forearms throughout

# Clams



## Explanation

- Lay on your side, elbow under the shoulder
- Bend the knees to 90 degrees and stack the feet on top of each other.
- Make sure the feet, hips and shoulders are in line
- Take the top knee away from the other squeezing the glute of the top leg
- Repeat for the number of repetitions prescribed in the programme.

## Side Lying Hip Abduction



### Explanation

- Lying on your side
- Straighten the legs and turn the top toes towards the ground
- Now lift the leg away from the ground
- Slowly lower back to start position
- Repeat for the prescribed number of repetitions

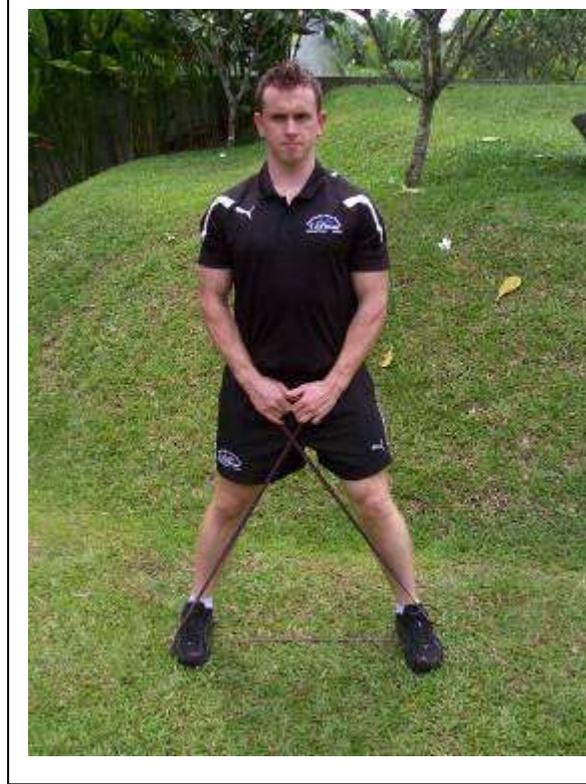
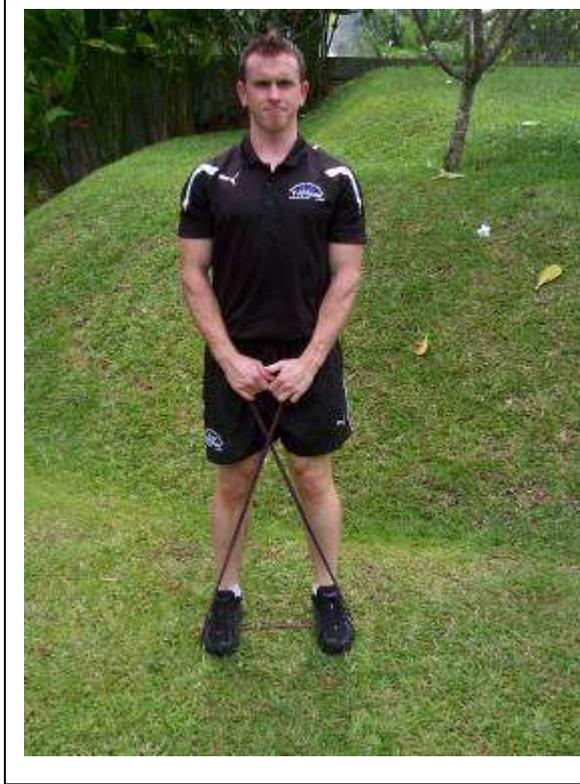
## Prone Standing Hip Extension



### Explanation

- Standing with a 45 degree lean on to an object
- Take one leg directly back, squeezing the glute, keeping the leg straight
- Be careful to avoid any rotation of the pelvis
- Return the foot almost to the floor and repeat.

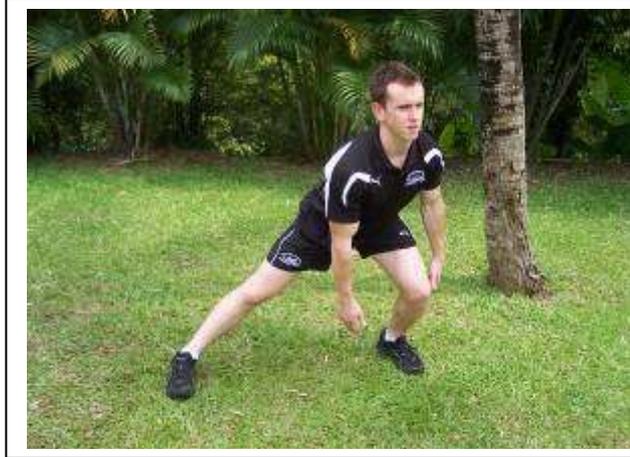
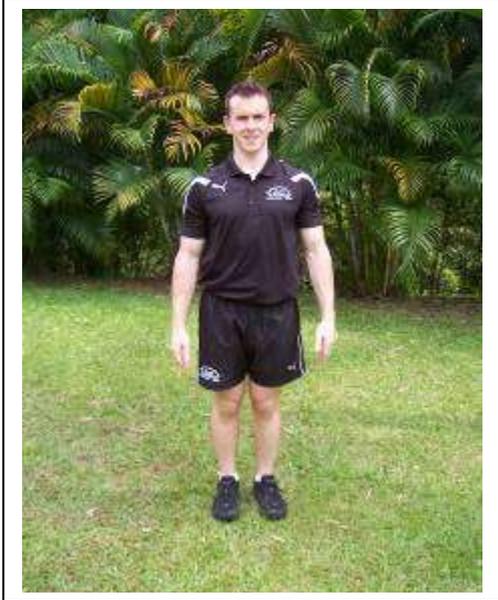
## Tube Walks



### Explanation

- Take the band and place it under the soles of the feet, ideally under the arches
- Start with the feet hip width apart
- Lift leg as if lifting over a match box, pushing the leg away from the body
- Then lift the trail leg in exactly the same manner, so you are back at the start position
- Keep the knees slightly flexed throughout.

## Lateral Lunges



### Explanation

- Start Position: Hands together around chest height and feet together.
- Take a big step out to the right and bend your right knee keeping the left nice and straight.
- Bring your bum down to the ground but make sure you keep your upper body upright rather than bending forward (a little bend forward is fine).
- Keep your head up at all times.
- Return to the start position by pushing off the right foot, and then step out with your left leg.
- Repeat until the time is up.

## T Rolls



### Explanation

- Start in the press up position
- Take the feet wider than shoulder width
- Roll the feet, hips and shoulders at the same speed, so that are on one hand
- The head stays in line with the torso.
- Back to the start position
- No repeat exactly the same for the other side
- Key is to keep the bottom hip up and not allow the core to drop down.

## Spinal Mobilisation



### Explanation

- Start in the press up position
- Reach under the arm pit with one hand
- Keep eyes on hand
- Back to start position
- Repeat exactly the same for the other arm

## Rotational Lunges



### Explanation

- Start stood with the feet together
- Keep the front leg straight
- Open up the hip and lunge to 5 o'clock
- Return to the start position
- Then repeat the movement on the other side, lunging to 7 o'clock.
- Repeat the pattern above for the number of repetitions prescribed