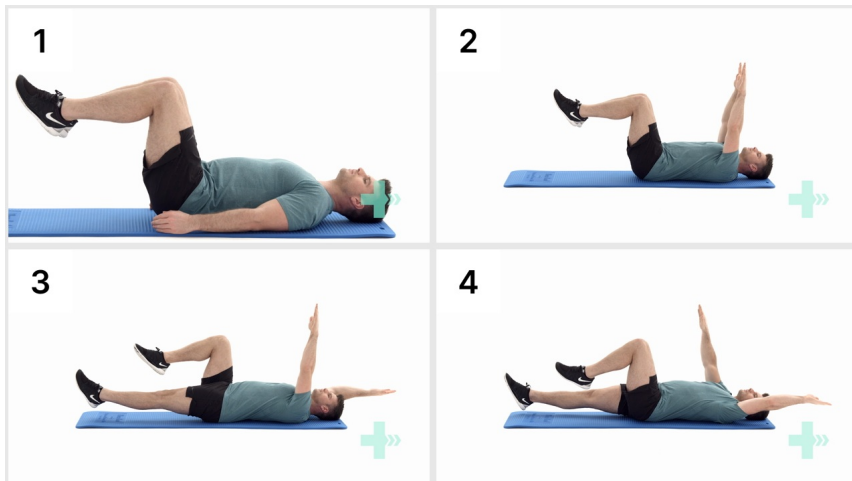


1. Supine dead bugs

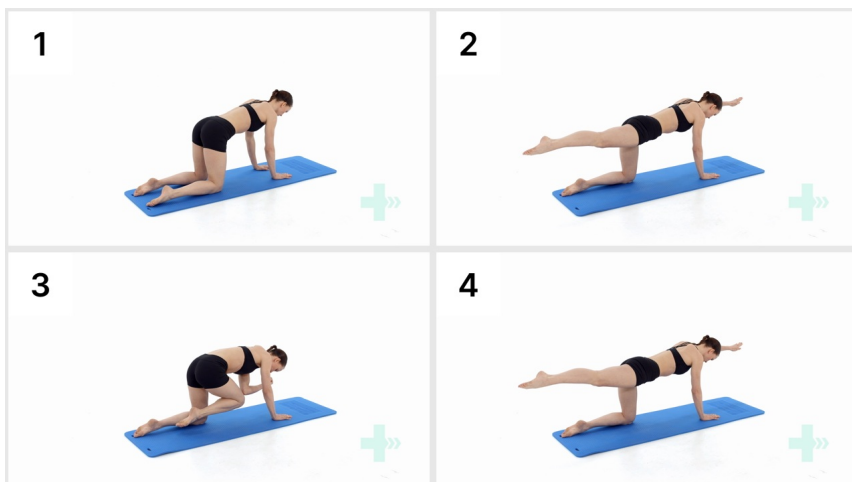
2 Sets / 12 Reps



Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees. Raise your arms straight up vertically over your head. Keeping your back flat, lower the opposite arm and leg away from one another towards the floor. Do not allow anything else to move and make sure your back stays flat on the floor. Return to the start position and repeat with the other pair.

2. Bird dog to hip and spinal flexion

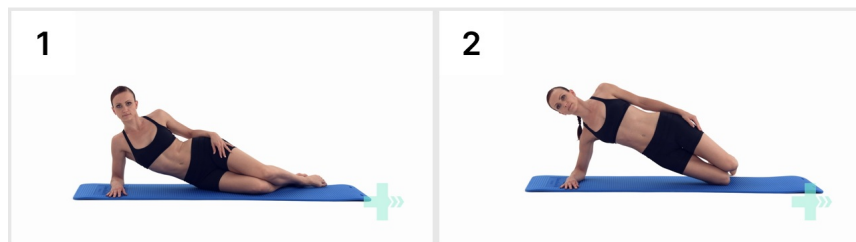
2 Sets / 12 Reps / 1 s hold



Start on your hands and knees, with your hands under your shoulders, and knees under your hips. Tighten the abdominal and pelvic floor muscles. Straighten your opposite leg and opposite arm simultaneously, making sure you maintain good control in your torso. Do not allow your body or hips to rotate. Hold this position, then bring both the elevated arm and leg in towards your belly button, aiming to touch your knee to your elbow. Allow your back to bend to do this. Extend your arm and leg again to repeat the movement.

3. Side plank on knees

2 Sets / 4 Reps / 30 s hold



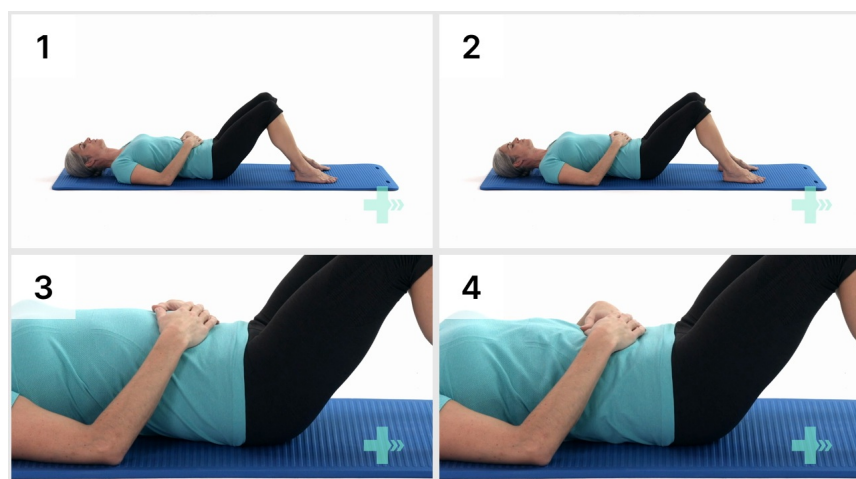
Lie on your side and prop yourself up on your elbow.

Bend your knees and lift your hips off the mat until you have a straight line from your knees to the top of your head.

Hold this position for as long as you can.

4. Breathing exercise

1 Set / 20 Reps / 10 sec duration



Lie on your back with your knees bent and your feet flat on the floor.

Place your hands on the lower part of your stomach.

Take a deep breath in through your nose, taking the air right down into the base of your lungs.

You should feel your stomach push out against your hands.

Breathe out through your mouth, gently tensing the stomach muscles under your hands until your lungs are completely emptied.

You should feel your stomach push out into your hands as you inhale, and pull inwards as you exhale.

Repeat the deep inhaling and exhaling.