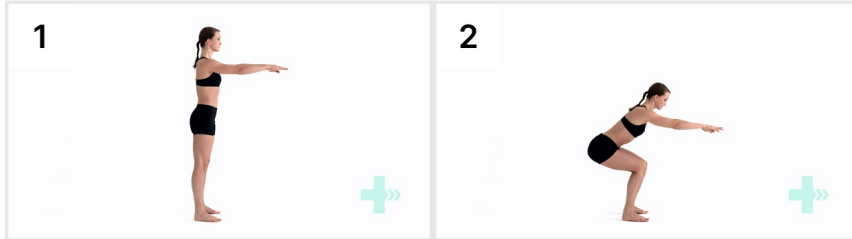


## 1. Squat

3 Sets / 10 Reps



Stand with your feet shoulder-width apart.

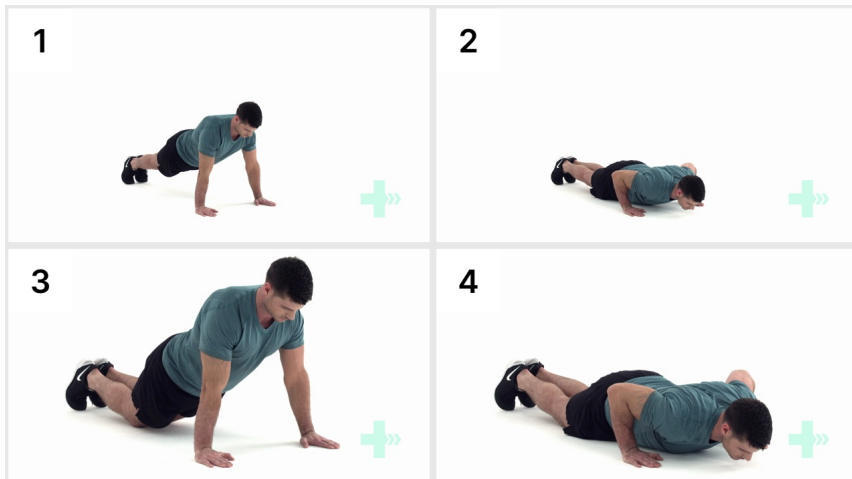
Engage your core muscles and gently squat down, do not allow your knees to travel too far forwards and keep your weight on your heels, not your toes.

Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position.

As you squat, bend from your hips and keep your back straight.

## 2. Push up

3 Sets / 5 Reps



Start position is in the press up position with the arms directly under the shoulders, fingers facing forwards and the back and trunk level and straight with the toes on the floor.

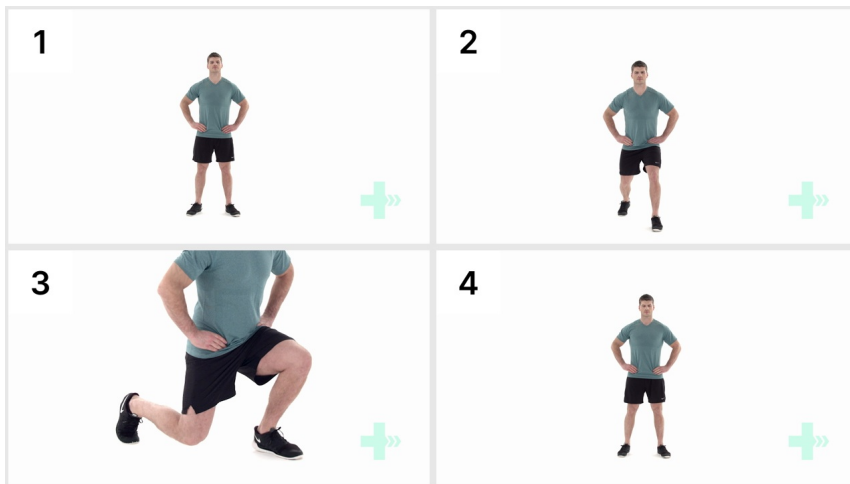
Lower the body using the arms and shoulders until the chest just touches the floor, keep the trunk straight and arms aligned with the shoulders.

Press up into the start position using the arms and shoulders only, keep the backside in line with the back and shoulders and do not arch the lower back.

This exercise can also be performed by starting with the knees on the floor and then commencing the press-up from this position.

### 3. Lunge

3 Sets / 10 Reps



Stand upright with your legs at shoulder-width apart and your hands on your hips with the fingers facing in towards your stomach.

Take a medium sized pace forward and then enter into a lunge by lowering your body downwards using your legs.

Allow the forward knee to bend until your thigh is parallel to the floor making sure you keep your back straight. Return to the starting position by springing up off the front leg.

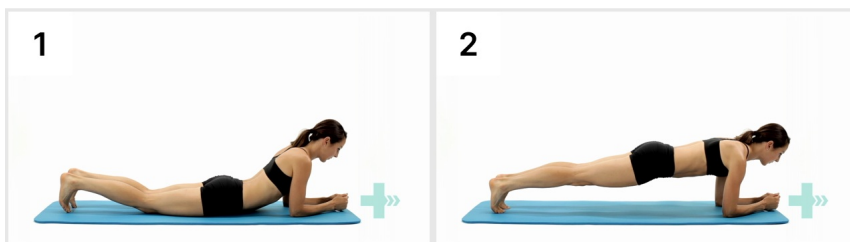
Repeat for the other leg.

Keep your abdominals tight and your feet shoulder-width apart throughout the exercise.

Perform this exercise at a slow controlled pace.

### 4. Plank

3 Sets / 1 Rep / 20 s hold



Lie on your front with your toes on the floor.

Place your forearms on the floor and push up, lifting your torso and legs.

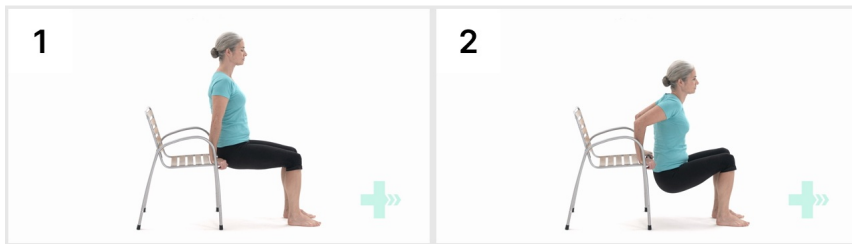
Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.

Keep your buttocks squeezed and your hips level.

You will feel the core muscles working.

## 5. Tricep dips on a chair

3 Sets / 10 Reps



Sit on a chair.

Move your hips off the chair edge with your hands supporting your weight.

You will need to walk your feet forwards.

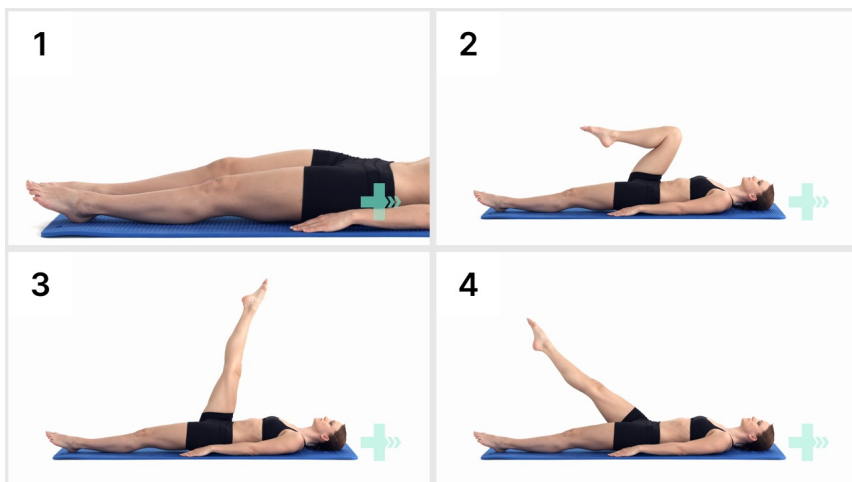
From this position, lower your body downwards letting your arms take the weight.

Keep your eyes level.

To return, push up from your elbows until your arms are fully extended.

## 6. Leg raise - Slow eccentric phase

3 Sets / 6 Reps / 1 s hold



Lie on your back with your legs straight and your abdominals tight.

Bend your knee and bring it in towards your chest.

Straighten out your leg and return to the starting position.