

Core Strength Endurance

Complete 3 times per week.

Stretching

Perform dynamically or statically.

- Dynamic (pre-exercise): 2 sets of 10 reps (complete the prescribed number of reps on one side before switching to the other side if unilateral)
- Static (post-exercise): 1 set, 2 reps, hold for 20-30secs (alternate between sides each rep if unilateral))

Shoulder Chest Stretch (Door Frame)

Preparation:

- Place arms at shoulder level on either side of a doorframe.

Execution:

- Lean forward. You should feel a stretch across the front of your chest and shoulders.

Important:

- Do not support your weight with your arms.



Arms against doorframe - lean forward

Piriformis/External Rotator Stretch

Preparation:

- Lie on your back with knees bent. Cross the leg you want to stretch over the other knee
- Grab the back of your thigh with your hands

Execution:

- Pull your knees towards your chest
- Feel a gentle stretch in buttock



Cross leg over knee



Pull knees toward chest

Iliopsoas & Quad Stretch

Preparation:

- Kneel on the ground in a lunge position, uninvolved leg facing forwards
- Rotate your pelvis slightly backward, flattening your lower back

Execution:

- Lean forwards, while maintaining straight posture and keeping your head up
- Reach back and pull your ankle towards your buttock



Lean forward, straight back, pull ankle

Hip Abductor / ITB Stretch Standing with Overhead Arm Reach

Preparation:

- Stand with good posture
- Cross inside leg behind other leg
- Place hand on outside hip and have body weight on back leg

Execution:

- Lean trunk away from wall and push hip toward wall whilst reaching your other hand above your head
- The goal is to form a letter "C" with your body
- You should feel a stretch in your obliques and lateral hip muscles



Push hip toward wall and reach hand over head

Knee to Chest | Single Leg

Preparation:

- Lay on back

Execution:

- Pull knee towards your shoulder



Hug knee. Keep opposite leg straight

Hamstring Stretch - Single Leg

Preparation:

- Sit on the floor, one leg out front, other leg bent with foot tucked into upper thigh

Execution:

- Reach gently over front leg to feel a stretch in the back of your thigh



Ground down through the sit bones. One leg out front



Reach gently forward keeping lower back flat and tall.

Gastrocs Stretch (Wall)

Preparation:

- Stand in front of a wall with one leg forward and one leg back

Execution:

- Keeping your back leg straight and heel on the ground, lean forwards, bending your front knee



Lean forward, back knee locked, heel on ground

Strength Endurance

To progress, increases reps from 12-15 to 15-25

Front Plank | Forearms and Feet

Sets: 2 | Reps: 1 | Hold: Up to 2mins | Rest: 30secs

Preparation:

- Position yourself on knees and forearms
- Elbows directly under shoulders, hands out flat

Execution:

- Make your body flat as a plank from head to feet
- Keep trunk engaged, do not let lower back arch
- Hold for the designed time and remember to breath



Start on stomach



Plank on forearms and feet

Wall Squat | Single Leg

Sets: 2 | Reps: 12-15 (each side) | Rest: 30secs

Preparation:

- Stand with back against wall and lift one foot

Execution:

- Perform a squatting motion on one leg, sliding down the wall
- Squat as low as you can under control
- Rise up, straightening at the hip
- Repeat for the designated number of repetitions on one side, then switch



Back against wall, feet away from the wall



Squat- bend at hips, keep knee inline with toes

Abdominal Prep + Leg Extension

Sets: 2 | Reps: 12-15 | Rest: 30secs

Preparation:

- Start in tabletop position, hands behind your head

Execution:

- Lift your head and shoulders slightly
- Activate your front abdominal muscles
- Lower one leg with control to the floor, keeping your pelvic position stable
- Return to the start position and repeat until you have completed the designated number of repetitions on one side, then switch



Tabletop, Nod chin and lengthen the back of your neck



Lower leg



Pelvis stays stable

Bridge | Single Leg

Sets: 2 | Reps: 12-15 (each side) | Rest: 30secs

Preparation:

- Lie flat on your back with your arms resting on your chest
- Bend knees up so that your feet are flat
- Straighten one knee up in the air as shown

Execution:

- Lift your hips up to make a bridge using one leg only
- Lower down in a controlled manner
- Repeat for the designated number of repetitions on one side, then switch



Start Position



Lift hips, use one leg only

Clamshell Side Plank

Sets: 2 | Reps: 12-15 (each side) | Rest: 30secs

Preparation:

- Go into a side plank - elbow directly under shoulder, straight line between knees, hips and shoulder

Execution:

- Perform a clamshell with the top leg
- Keep your feet/ankles pressed together the entire time
- Do not twist through your trunk
- Repeat for the the designated number of repetitions on one side, then switch



Go into a side plank



Perform a clamshell with the top leg

Superman | Arm + Leg Lift -Bilateral

Sets: 2 | Reps: 12-15 | Rest: 30secs

Preparation

- Go to prone position with arms extended along your sides and palms down
- Keep the back of your neck long and your shoulder blades dropped down toward your waist



Execution

- Gently squeeze your glutes and slowly begin to raise your feet, chest and hands off the ground
- Do not lift more than 6 inches
- Sweep your arms overhead whilst separating your feet
- Without bending your arms, try to bring your hands all the way together above your head
- Return to the starting position and allow your feet, chest and hands to relax to the ground
- Repeat until you have completed the designated number of repetitions

Hip Abduction Sidelying | Straight Leg

Sets: 2 | Reps: 12-15 (each side) | Rest: 30secs

Preparation:

- Lay on your side, body and legs straight
- Points of contact with the wall should be heels, glutes, shoulder blades, and back of the head
- Your head should be completely relaxed, either laying it on your extended arm or supporting it with your hand

Execution:

- Place your top hand on your top hip and slowly begin to raise your top leg
- Your leg should maintain contact with the wall at all times
- The goal is to use the muscles of the other hip to lift the leg - try to maintain a stable pelvis
- Repeat for the designated number of repetitions on one side, then switch



Lay on side

Raise top leg