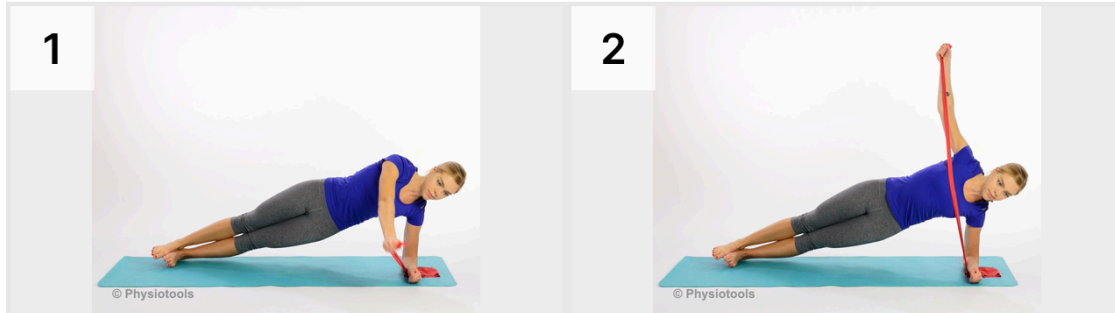

1. Side Plank with Shoulder Horizontal Abduction with Exercise band

Sets: 3 • Reps: 20

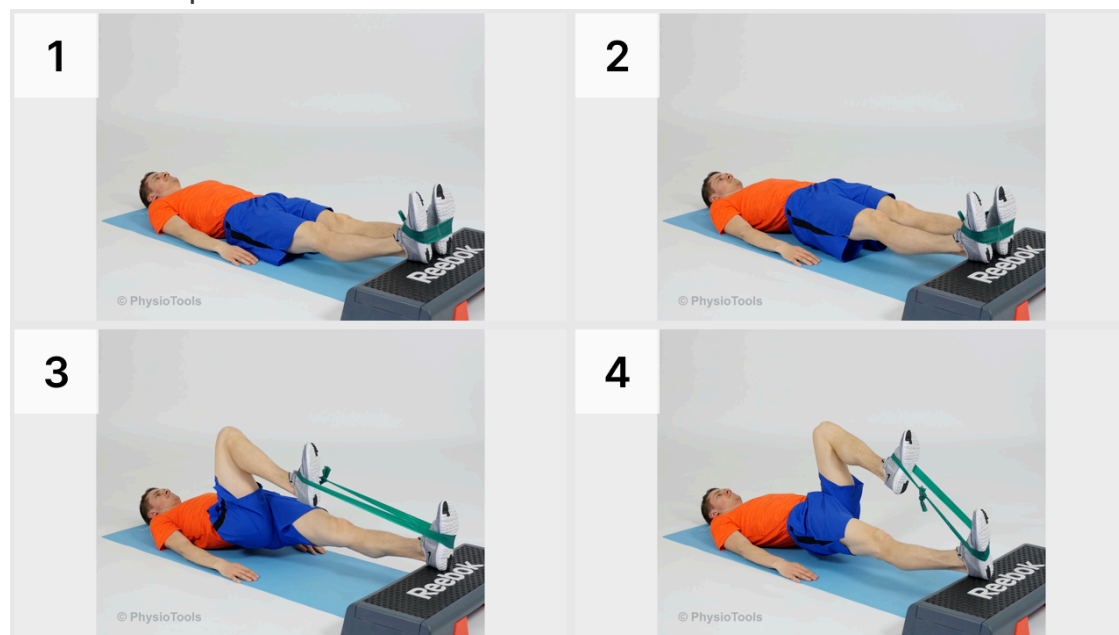


Start in side plank, supported on your forearm, with an exercise band secured under it. Align your elbow under your shoulder, with your feet together or one foot slightly in front of the other and the body in a straight line. Hold the other end of the band in your upper hand with your arm straightened in front of you.

Keeping your arm straight, pull the band and lift your arm up, pointing directly towards the ceiling. Lower in a controlled manner to near the floor.

2. Bridging with Resisted Hip Flexion

Sets: 3 • Reps: 20



Lie on your back with your heels on a step. An exercise band loop around your forefeet.

Activate your abdominals and buttocks and lift your pelvis off the ground.

Control your position and bend one hip against the resistance of the band. It is important not to let your hip drop or pelvis tilt to the side. In a controlled manner, return the leg onto the step, lower your pelvis down.

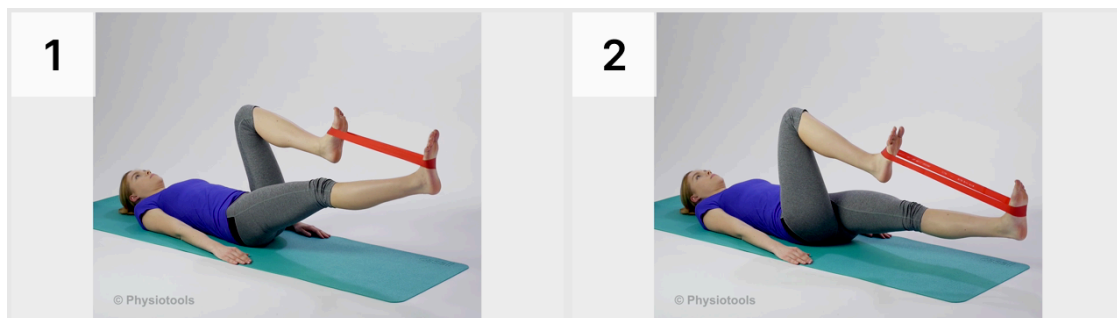
Repeat the exercise with the other leg.

Note:

- Do not let your knees overextend.
- Keep your abdominals tight to avoid arching your lower back.

3. Resisted Supine Cycling with Miniband

Sets: 3 • Reps: 20

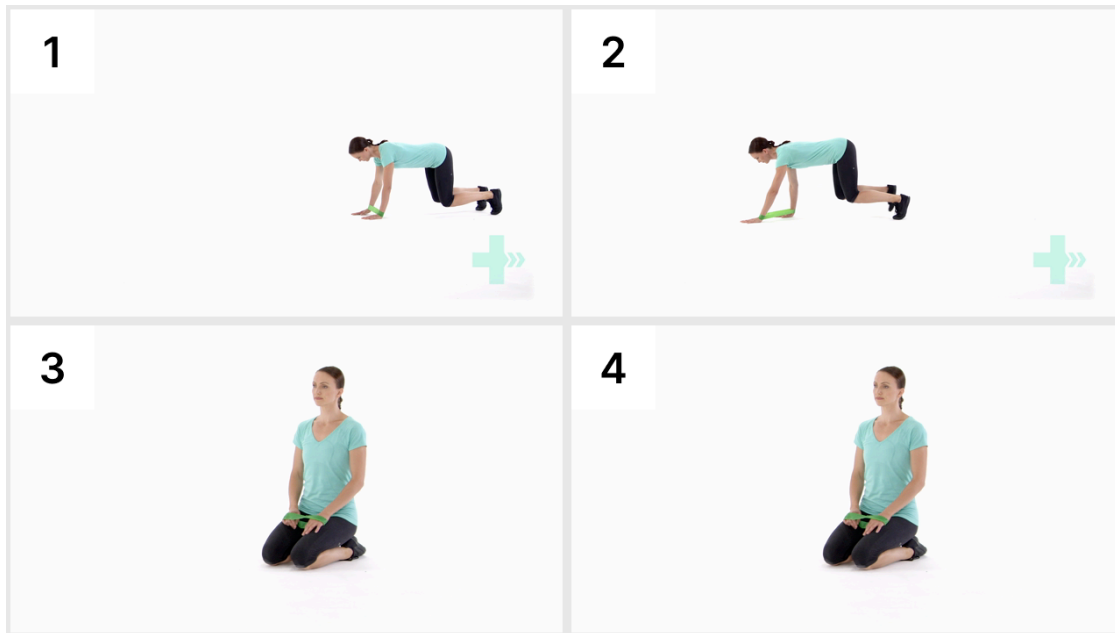


Start lying on your back with a mini band around both feet. Lift legs off the floor and bend hips and knees to 90 degrees. Keep lower back gently against the floor and relax arms by your sides.

Straighten one leg and simultaneously bring the other knee towards your chest. Return to the starting position and repeat the other way around.

4. "Bear crawl" Forward, backward, with band (arms)

Sets: 3 • Reps: 20



Start in a kneeling position with your hands under your shoulders, and knees under your hips.

Have a resistance band looped around both wrists.

With your hands shoulder-width apart, there should be some tension in the band.

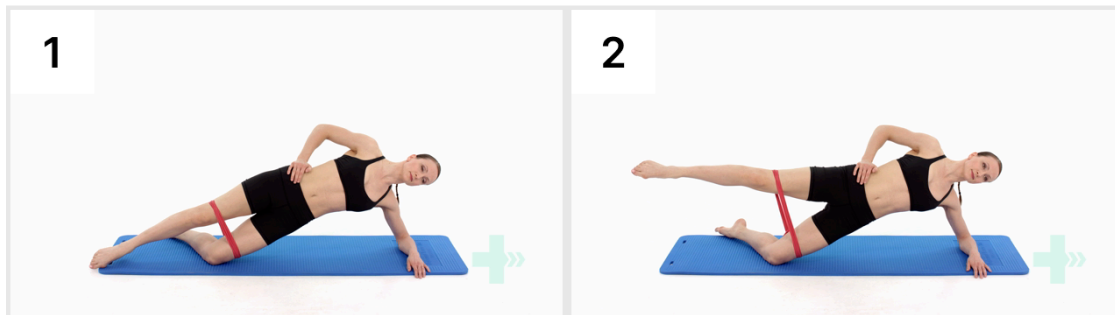
Tuck your toes under, and lift your knees off the floor.

Crawl forward and then backward, ensuring you keep your knees off the floor.

Try to keep your back straight throughout this movement.

5. "Plank, side (low)" Core/scapular stabilization, abducting straight leg, with band

Sets: 3 • Reps: 20



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

Tie a tensioned resistance band around your thighs, just above your knees.

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.

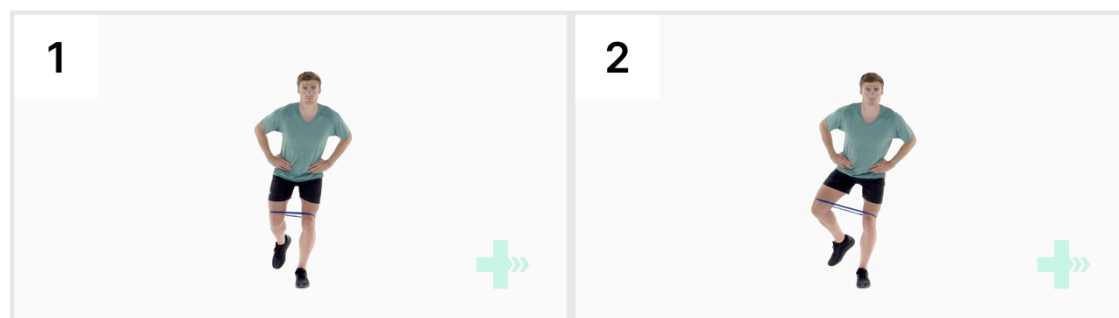
Holding this position, straighten your top leg out, and then lift it directly up towards the ceiling.

Ensure this leg does not travel forwards.

Control the movement as you lower the leg back down and then repeat.

6. Hip abduction/external rotation strengthening, with band, single leg shallow squat

Sets: 3 • Reps: 20



Stand up straight with a resistance band tied around both thighs, just above your knees.

With your legs hip-distance apart there should be tension in the band.

Place your hands on your hips.

Transfer your weight onto one leg and soften your knee a little.

With your back straight, allow your body to tilt forward a little, pushing your hips back behind you.

With your elevated knee bent, lift your thigh out to the side, rotating your leg outwards.

Ensure your body remains straight with your hips square, facing directly forward.

Activating your abdominal muscles will help you to control this.

Control the movement as you bring your leg back to the starting position, and repeat.