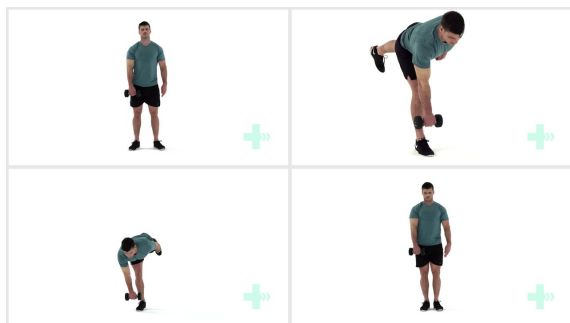


Complete exercises 2-3 times per week.

** Always exercise within your limits and within the parameters set by your treating practitioners, if you are unsure whether you can perform the exercise or have never done it before, contact us for assistance. When starting a new strength exercise, always start with level 1 or low weight and progress up if tolerated. General advice is to work around injuries in the pain range of 2-3/10 maximum, any more than this could be detrimental. **

3 Sets / 8 Reps / 1kg weight



1. Stiff leg deadlift - single arm, single leg with dumbbell

Stand with your knees slightly bent, holding a dumbbell in one hand. Hinge forward at the waist and fully extend the opposite leg out to the rear, lowering the dumbbell towards your shin. Keep your back straight and do not allow your body to rotate. Contract your gluteus and hamstrings and return to a standing position.

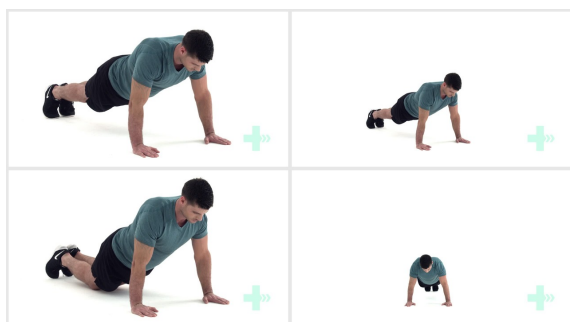
1 Set / 1 Rep / 10 sec duration



2. Plyometrics – pogo jump – forwards – intermediate

Place four cones in a straight line on the ground in front of you, equidistance apart, as shown in the diagram. With your feet close together and your hands on your hips, perform three two footed jumps on the spot trying to jump as high as possible with as little time in contact with the ground as possible. Continue jumping as you travel in a forward direction to the fourth cone then back to the first. Repeat.

4 Sets / 10 Reps



3. Push up

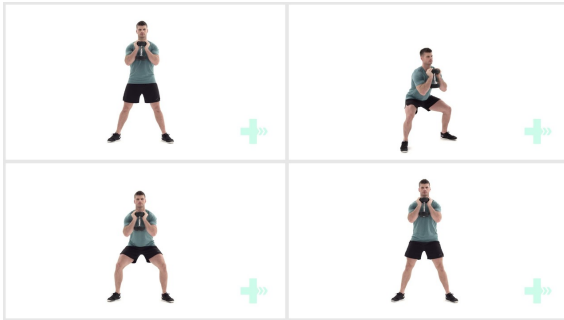
Start position is in the press up position with the arms directly under the shoulders, fingers facing forwards and the back and trunk level and straight with the toes on the floor. Lower the body using the arms and shoulders until the chest just touches the floor, keep the trunk straight and arms aligned 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.

Level 1: On knees push up

Level 2: Push up as shown

Level 3: 3 second tempo lower push up or 1+1/4 repetitions

Level 4: 3 second lower, 3 second hold tempo push up



4. Goblet squat - weights

Hold on to the dumbbell, keeping it close to your chest.
 Step your feet wide apart and turn the toes out slightly.
 Drop down into a deep squat position, dropping your hips straight down past 90 degrees, keeping your feet on the floor.
 Control the movement back to the start position.

If you want to increase strength go for more sets at a lower rep range with higher weight.

If you do not have access to higher weight you can add in pauses at the bottom or complete 1 1/4 reps.

4 Sets / 8 Reps



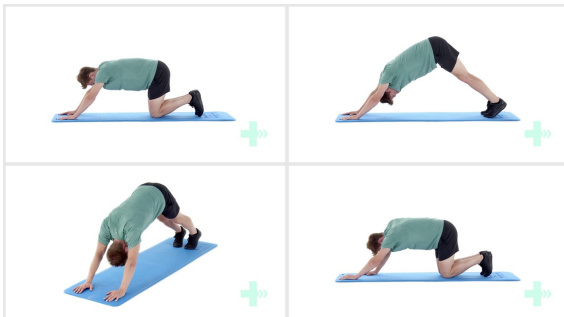
5. TRX inverted row

Stand up straight with your feet shoulder width apart.
 Grasp the handles in each hand.
 Hold your arms out straight in front of you, palms facing down, and lean backwards, pivoting off your heels.
 Keep your body in a straight line as you pull yourself back towards the upright position.
 When your hands reach your sides, with your thumbs on top, slowly return to the starting position and repeat.

The more parallel you are to the floor, the harder this exercise will become, progress as needed and tolerated.

Can use a bar, strong broom handle, TRX, under a table or tree branch etc.

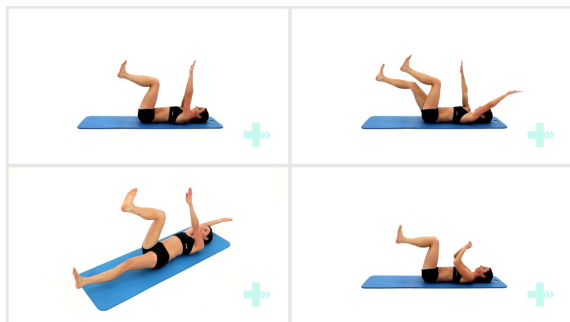
3 Sets / 6 Reps



6. Body weight shoulder press - inverted

Start on your hands and knees.
 Walk your hands forwards until you form a straight line from your shoulders to your hips.
 Next, lift your knees from the floor as you raise your buttocks towards the ceiling.
 Straighten your knees and transfer your weight backwards towards your toes.
 Keep your gaze focused towards your feet.
 When ready, slowly bend your elbows and lower your head towards the floor.
 Finally, push into the floor through the heels of your hands and straighten your elbows.
 Pause briefly, and then repeat.

Get hips as high as possible and body as vertical as possible. Also known as a Rock Press.



7. Dead bugs

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.

Level 1: No arm movement, Arms stay perpendicular to floor

Level 2: Opposite arm to leg movement

Level 3: Add weight above head holding with both arms, progress weight further behind your head with straight arms to progressively make more difficult.

**** Ensure back stays flat to ground throughout whole movement****

- use a band or towel under lower back as a cue if needed.