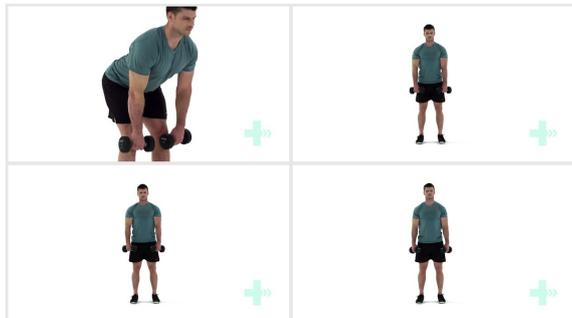


Complete exercises 2-3 times per week.

\*\* 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 / 8kg weight



### 1. Stiff leg deadlift - with dumbbells

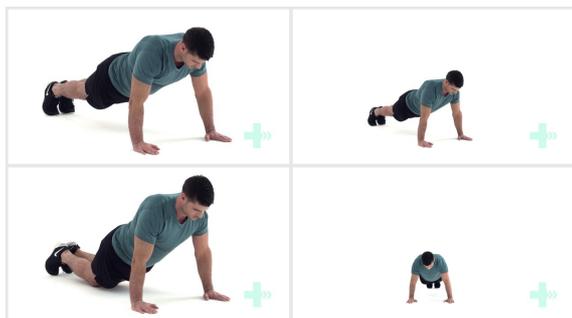
Stand with your knees slightly bent, holding a pair of dumbbells with an overhand grip.

Hinge forward at the waist, keeping your back straight and lower the dumbbells towards your shin.

Contract your gluteus and hamstrings and return to a standing position.

*Can be performed with dumbbells, barbell or a band that you stand on. Focus on keeping core strong and hinging the hips back rather than squatting.*

3 Sets / 10 Reps



### 2. 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 Sets / 8 Reps



### 3. 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 or tree branch etc.*



#### 4. Single leg calf raise on floor

Stand on your symptomatic leg.  
Maintaining your balance, rise up on to your toes so the heel comes off the floor, keeping your knee straight.  
Control the movement back to the start position, and repeat.

*Level 1: Using wall for balance*

*Level 2: standing unassisted*

*Level 3: Leaning at a 45° angle to wall (sprint position)*

*Level 4: 1 & 1/4 reps*

3 Sets / 10 Reps / 1 s hold



#### 5. Single leg bridging

Lie on your back.  
Bend one leg upwards, placing the foot on the floor.  
Draw your other leg up to the same position, maintaining a hips width between your legs.  
Lift one foot slightly off the floor.  
Using the effort of your remaining foot, lift your hips up into a bridge until you have a straight line from your shoulders to your knees.  
Lower back down and repeat.  
Keep your pelvis level throughout this exercise.

*Level 1: controlled up and down*

*Level 2: explode up, slow control 3 second lower.*

**\*\* Remember to keep core engaged throughout whole movement, its not about how high you can get your hips.\*\***

3 Sets / 6 Reps

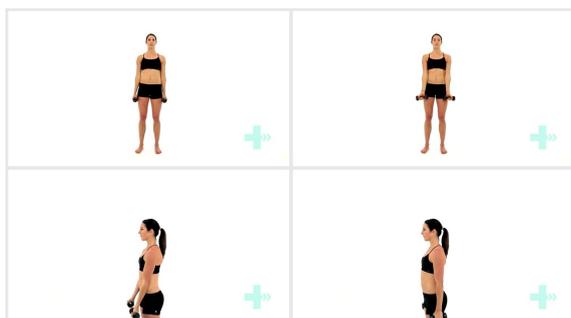


#### 6. Body weight shoulder press - inverted

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.*

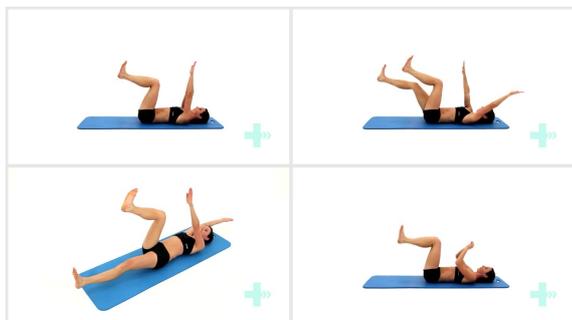
2 Sets / 8 Reps / 1kg weight



#### 7. Bicep curl to overhead press - standing with dumbbells

Stand with the weights in both hands.  
Keep your elbows close to your side as you bend the elbow, bringing the weights towards your shoulders.  
Continue this movement reaching the weights up to the ceiling in an overhead press.  
Reverse the movements to bring it back down to the start position.  
Notice how your hands rotate as you curl up.

*If you do not have access to dumbbells that is okay! just fill up a bottle of water, milk carton or use some canned tins of food!*



### 8. 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.**