

Dead Bugs



Dead Bugs

Extend alternate arm and leg together

3 * 45 seconds (... up to)

If you can't keep your back flat on the floor rest when needed

Plank



Plank

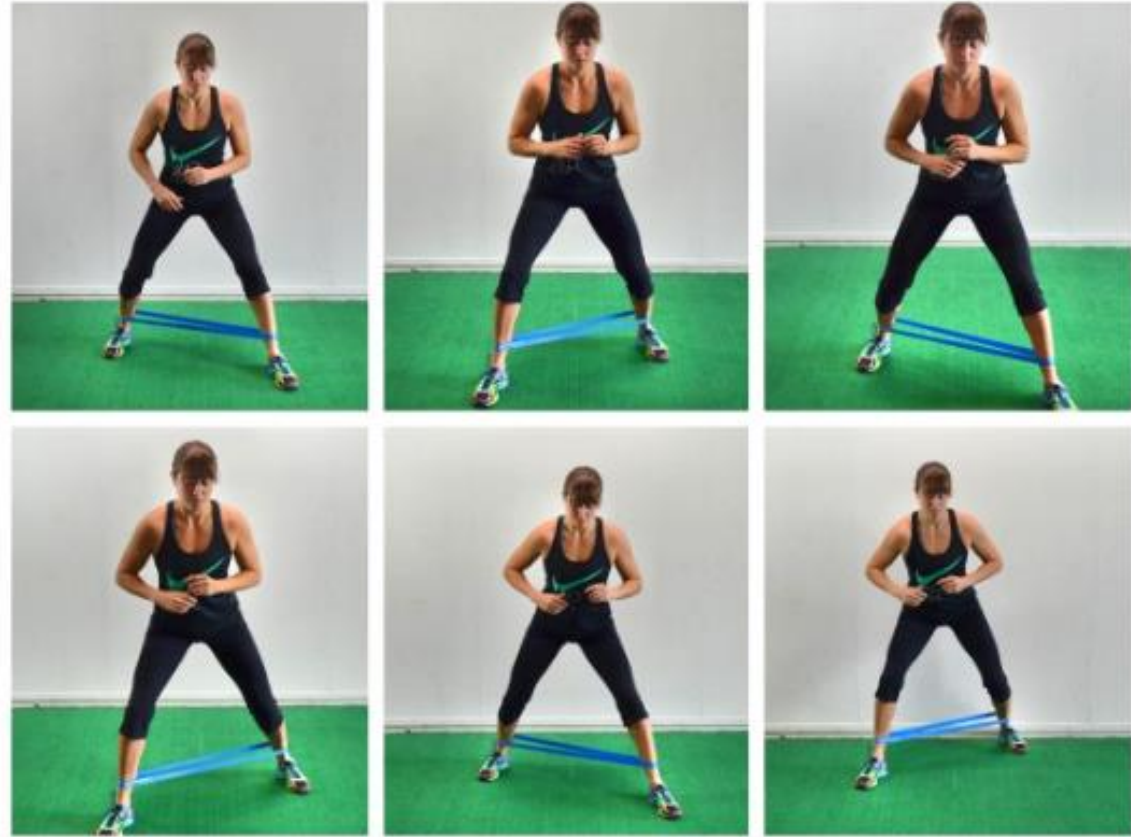
3 * 45 seconds

Keep back flat (don't dip or point bum to ceiling)

If you cant make 45 seconds rest when you need to

Use high arm position as an alternative

Mini Band Monster Walks

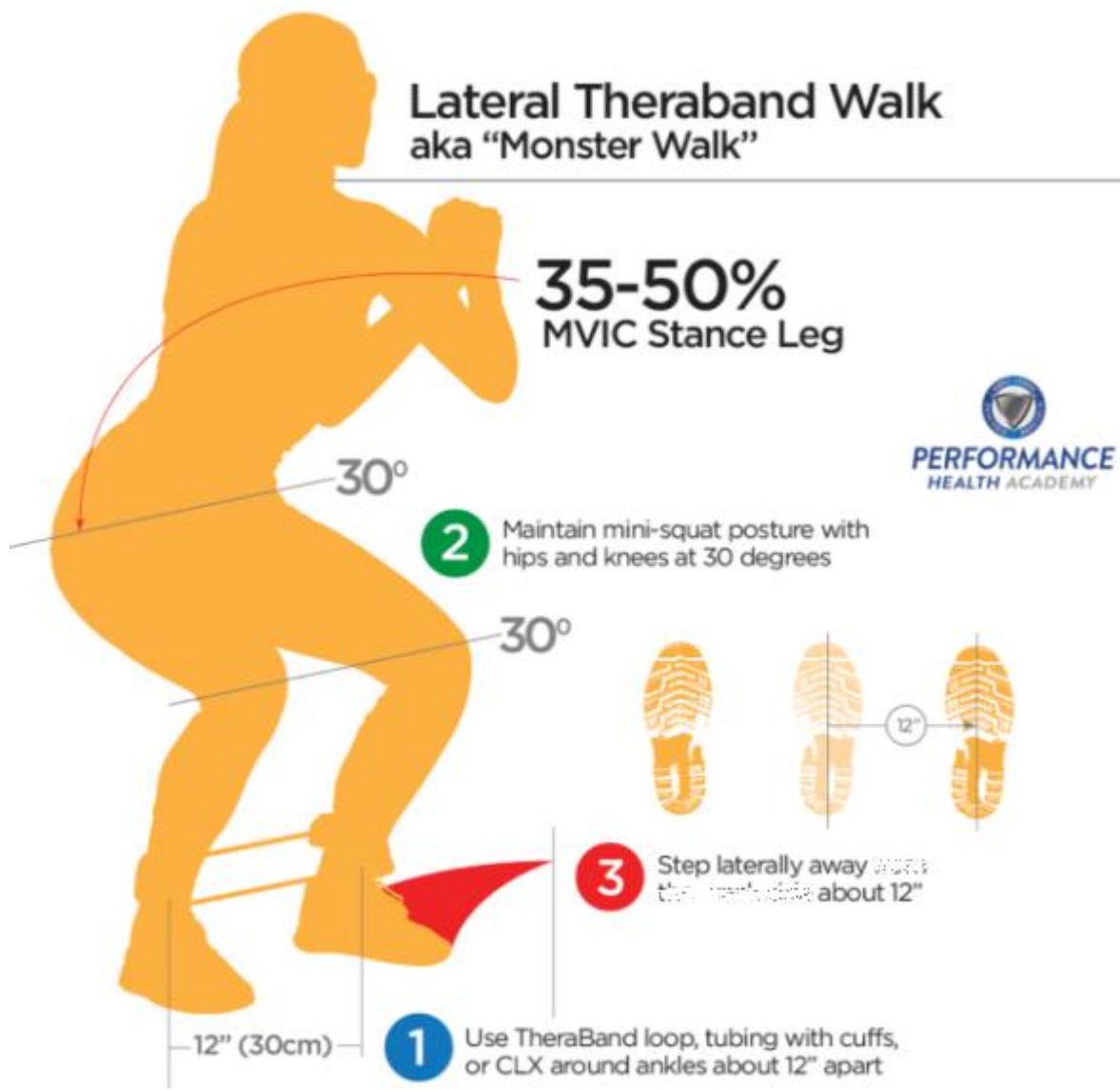


Monster Walks

3 * 45 seconds

Walk forward 5 or 6 steps
Walk backward 5 or 6 steps

Keep band tight



Lateral Monster Walks

3 * 45 seconds

Adopt a half squat position and maintain it

Transfer weight to one side then step away with other leg

Transfer weight to other leg then step back in

Repeat one way across the room
Then come back again



A



B

Hamstring curls

3 * 45 seconds



Perturbations

3 * 45 seconds

Stand upright on one leg

Make small fast movements in leg in various directions (sideways , backwards , forwards)

Can you feel it in the buttock and outside thigh on supporting leg ?

Tricep Dips



Tricep dips

3 * sets of 10 to 15 (or whatever you can manage)



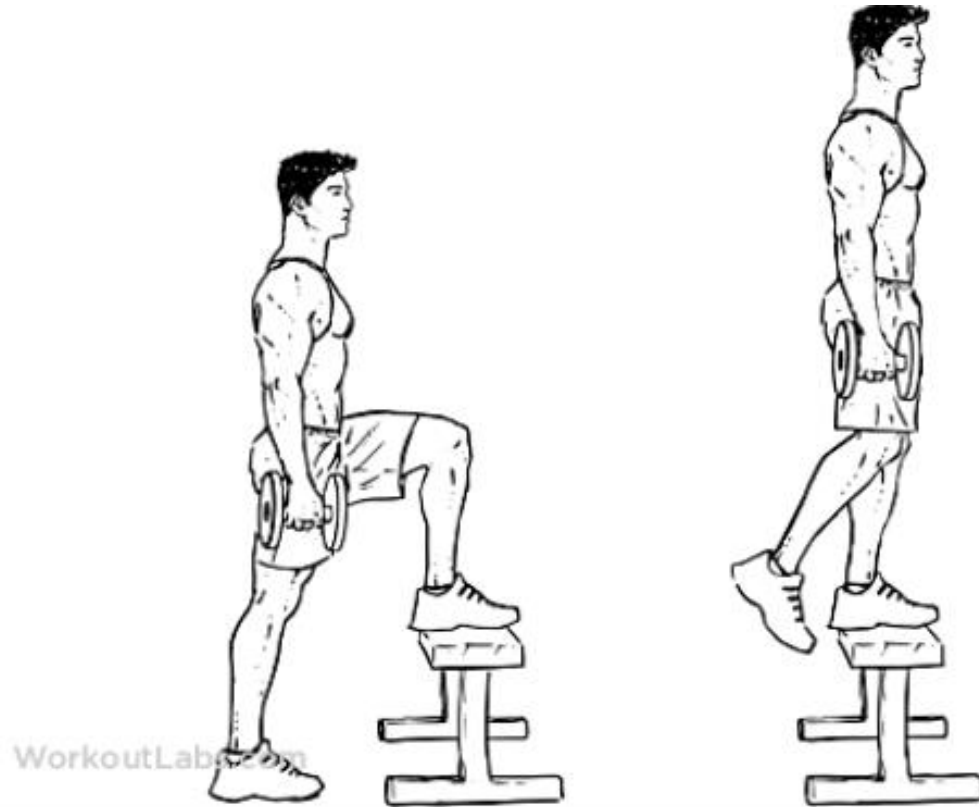
Calf Raises

3 * sets of 10 to 15 Straight Leg

3 * sets of 10 to 15 Bent Leg

Do without weights – use weights if you can do 3 *
15 with good form





Step ups

3 * sets of 10 to 15

SLOWLY ! Don't use momentum

Do without weights – use weights if you can do 3 * 15 with good form



Lunges

Either

Easy - simple lunge

Harder – Lunge followed by twist (over bent leg)

Harder – add weight

3 * sets of 10 to 15





Wall Squat

3 * 45 seconds