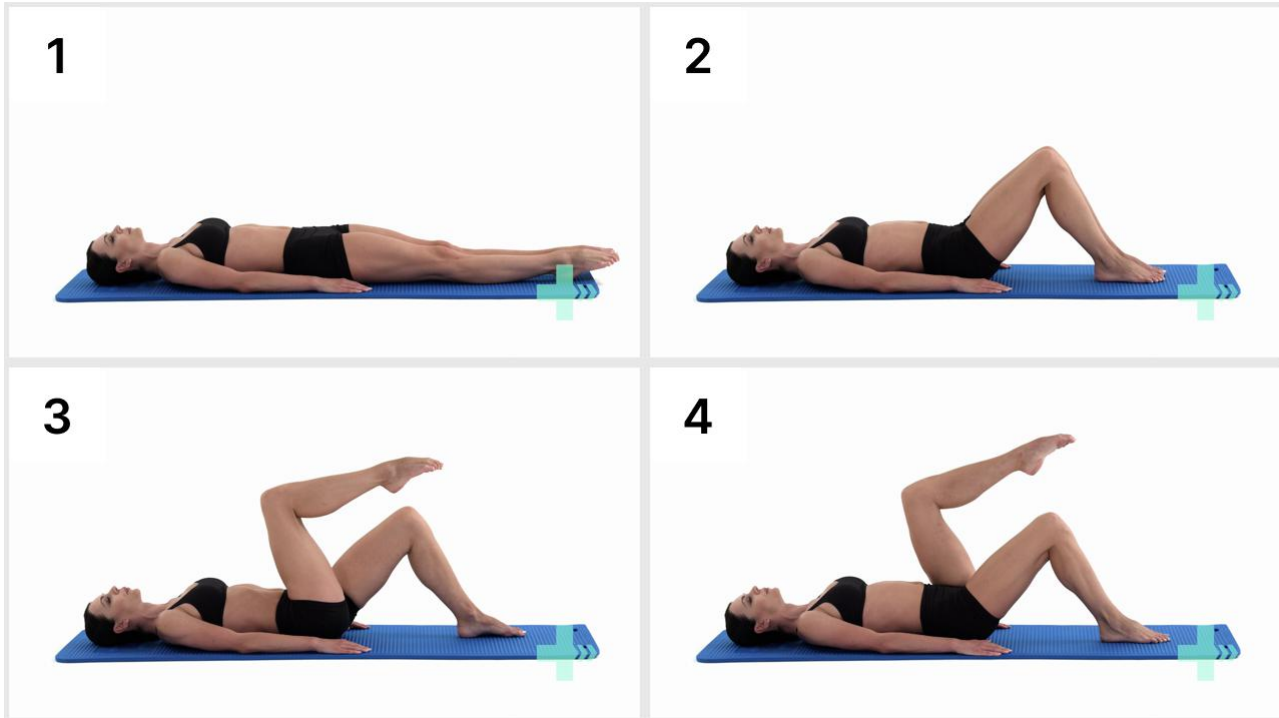




Smart Health Training and
Services
12-22
Richmond Road
KESWICK, 5035

1. Pilates single leg lift

3 Sets • 10 Reps



Lie on your back in a neutral spine position.

Bend your legs, keeping your knees and feet parallel and at hip width apart with your arms by your sides.

EXHALE: lift your leg off the mat with the bent knee at a 90 degree angle and your foot Plantar flexed (pointed).

INHALE: lower your leg down and tap the floor with your toe.

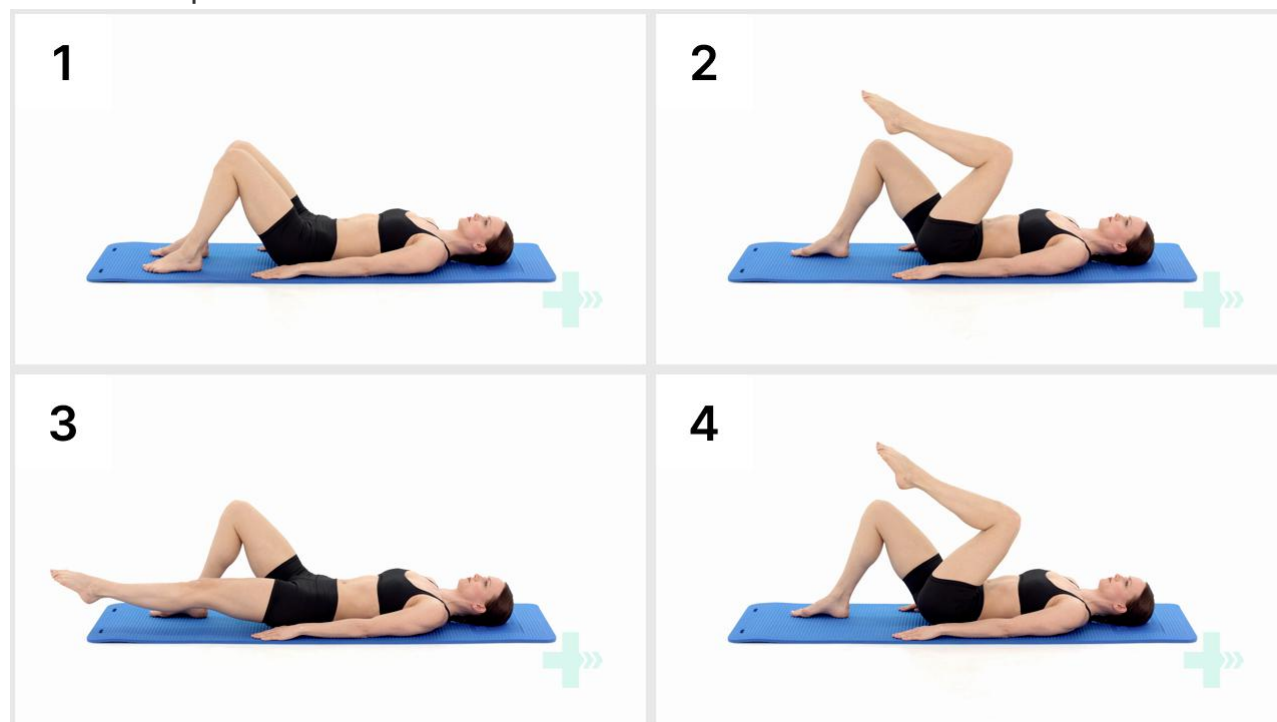
Perform the desired number of the repetitions and change legs.

Keep the pelvis stable as you raise and lower your leg, hinging at the hip joint.

Maintain your leg bent at a constant angle of 90 degrees.

2. Crook setting with hip flexion into extension

1 Set • 1 Rep



Lie on your back with your knees bent and feet flat on the floor.

Ensure your knees and feet remain hips width apart.

Take a deep breath in, allowing your belly to rise.

As you exhale, gently tighten your abdominal and pelvic floor muscles.

Maintaining this contraction in your muscles, bring one knee in towards your chest, then lower it straight down onto the floor.

Repeat this movement with your leg, ensuring you do not lose the contraction in your abdominal and pelvic floor muscles.

3. Pelvic tilt in crook

1 Set • 10 Reps • 1 s hold



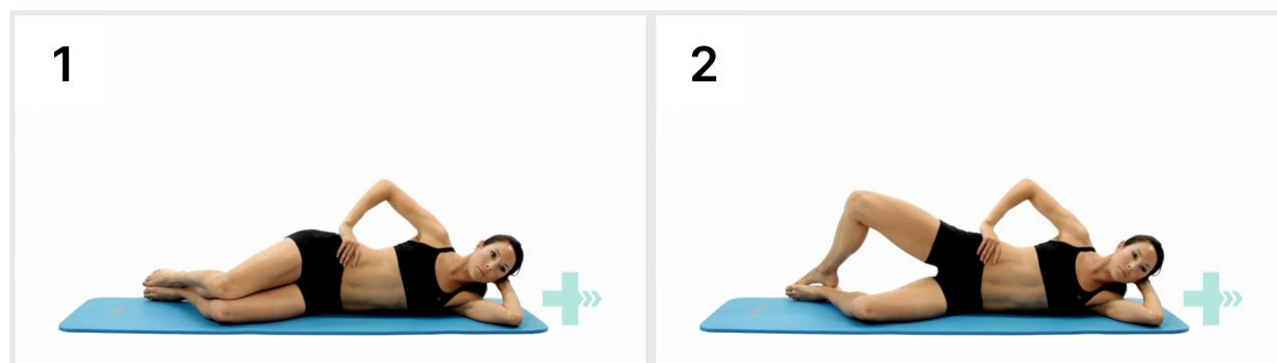
Lie on your back with your knees bent and feet flat on the floor.

Pull your belly-button towards your spine and clench your buttock muscles to roll the tail bone up off the floor.

The majority of the effort should come from your abdominal and buttock muscles. Relax and repeat.

4. Clam shells

4 Sets • 10 Reps



Lie on your side with your feet, ankles and knees together. Rest your head right down onto your underneath arm. Theraband around your thighs
Bend the legs a little and tighten your core stability muscles.
Keeping the feet together, lift the top knee up.
Make sure you don't roll your body back with the movement.
Control the movement as you bring the knee back down to just above the starting position (Knees don't touch)

5. Sit to stand - no arms

1 Set • 10 Reps



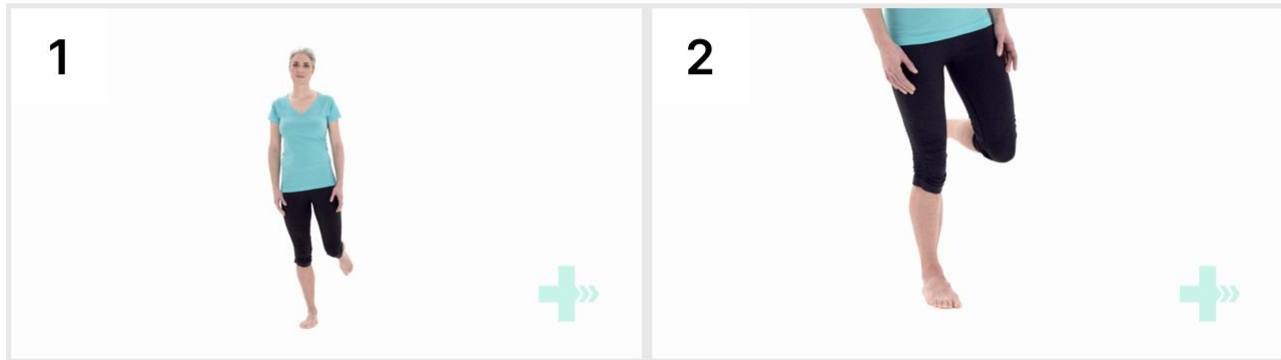
Sit in a chair with your feet flat on the floor.

Cross your arms in front of your chest so you are not tempted to push off of your thighs for momentum.

Stand up, then slowly sit back down and repeat a number of times.

6. Single leg balance

1 Set • 3 Reps • 10 s hold



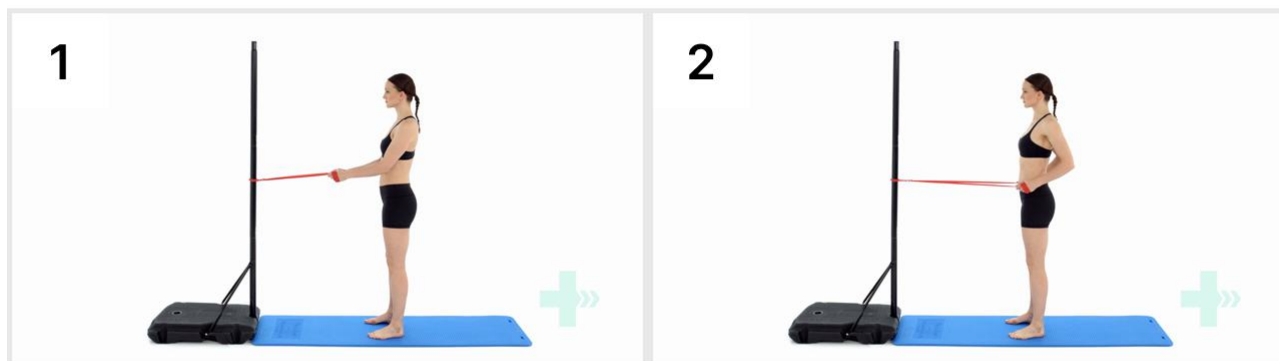
Stand with your legs straight at shoulder width apart.

Now lean slightly to the side and at the same time bend your opposite knee.

You can make this more difficult by bending further but only within the limits of your mobility.

7. Resisted low rows

4 Sets • 10 Reps



Tie a resistance band around a solid object and hold the ends in each hand. Stand on both legs with your feet hips width apart, keeping a good upright posture.

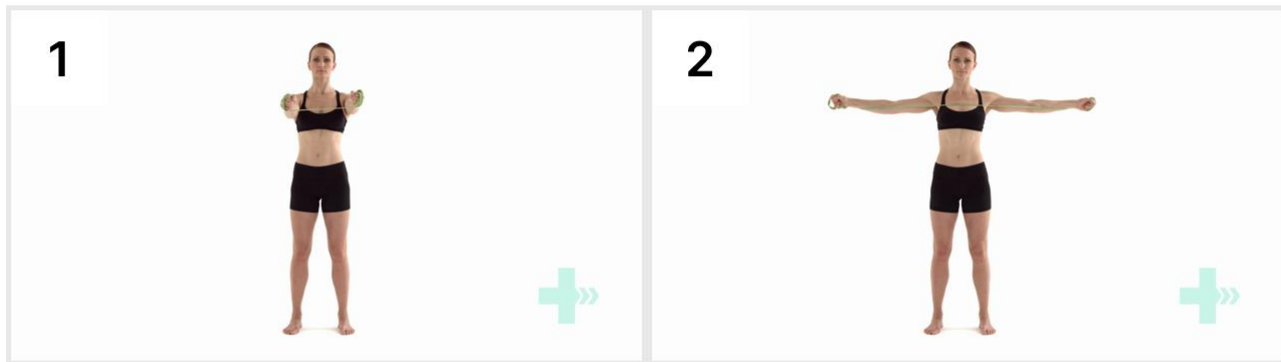
Bend your elbows and pull the band back, squeezing your shoulder blades together.

Control the movement as you return your hands to the start position.

Keep your core strong throughout this exercise.

8. Resisted scapula “T”

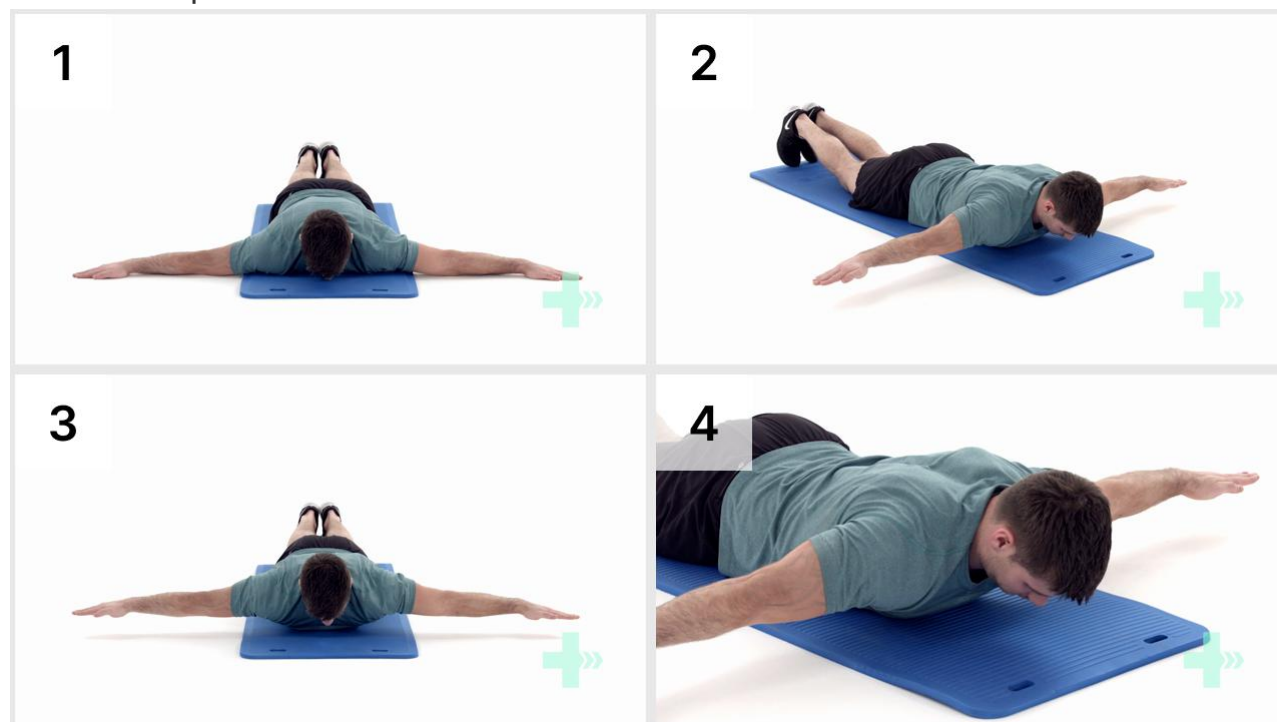
4 Sets • 10 Reps • 1 s hold



Hold a resistance band in both hands and gather up some tension.
Start with your hands at chest height and your arms straight and move them out in a “T” shape, keeping your shoulder blades back and down.
Control the movement back to the start position and repeat.

9. "T" raise

1 Set • 1 Rep • 1 s hold



Lie face down with your arms reaching forwards in a "T" position, so that they are stretched out to the sides at 90 degrees to your body.

Keep your head slightly elevated and aligned with your spine.

Your hands should be facing palms down with your fingers extended.

Now tighten your abdominal muscles to stabilise your trunk and slowly raise both arms off the floor no higher than 6 inches and hold for the required time, then slowly lower your arms down to the floor.

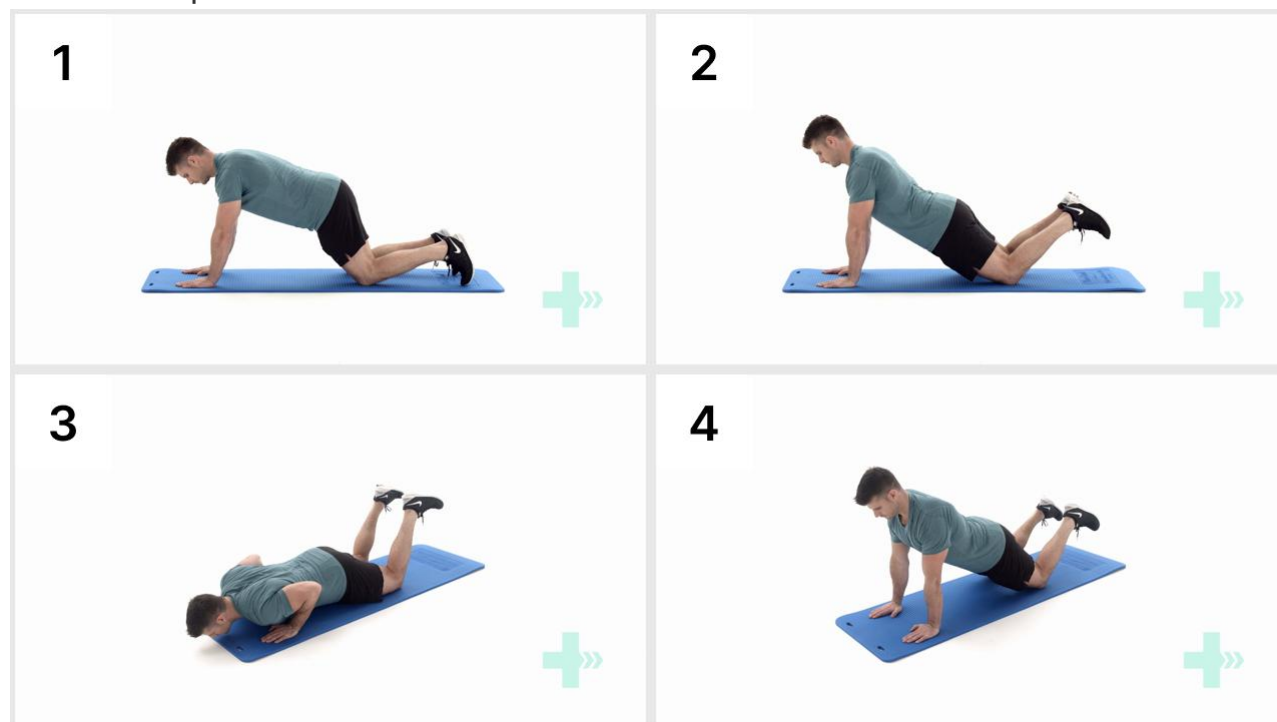
Repeat for the desired number of repetitions.

Throughout the exercise, your arms should be fully extended and your trunk and legs aligned.

Perform this exercise in a slow controlled manner and do not jerk the body into the up-position when raising the arms.

10. Kneeling push up - Version 2

1 Set • 1 Rep

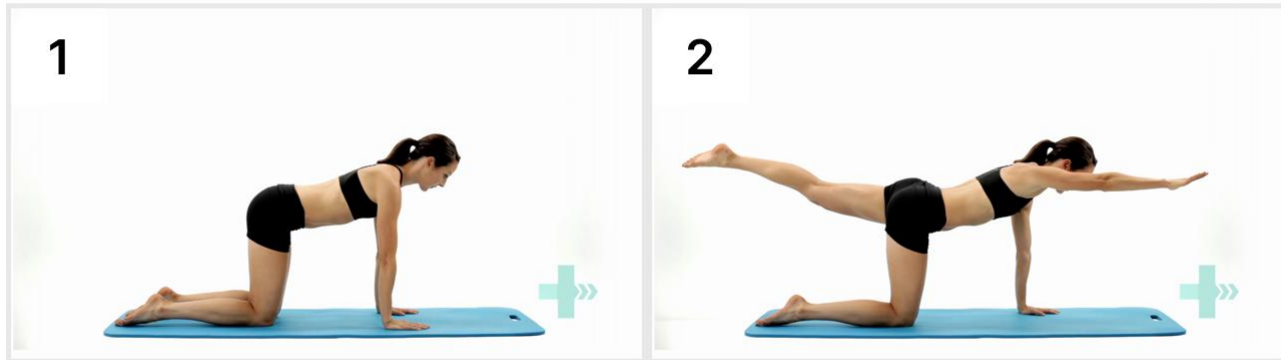


Start on your hands and knees and walk your hands forwards until you have a straight line from your shoulders to your knees.

Keeping your body straight, slowly bend your elbows, bringing your chest towards the floor, then push back up to the start position.

11. Bird dog

2 Sets • 10 Reps



Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Tighten the abdominal core muscles.

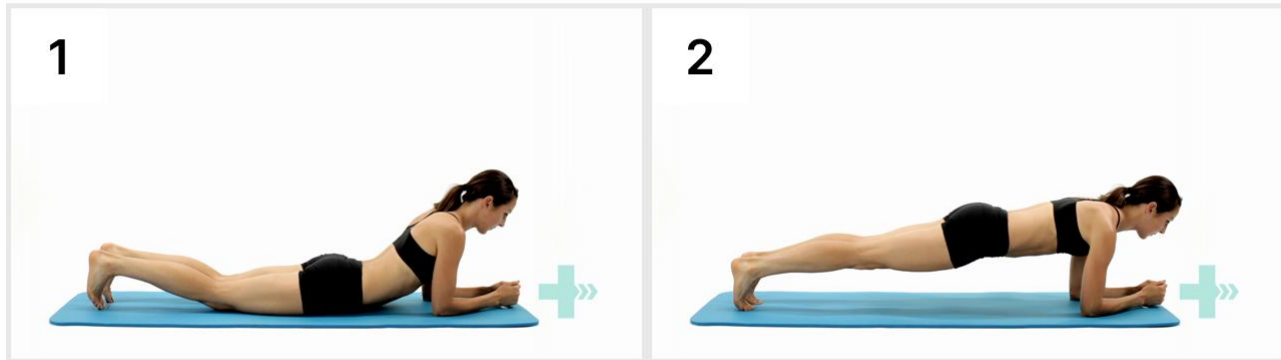
Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.

Do not allow your body or hips to rotate.

Repeat on the other side.

12. Plank

1 Set • 5 Reps • 10 s hold



Lie on your front with your toes on the floor.

Place your forearms on the floor and push up, lifting your torso and legs.

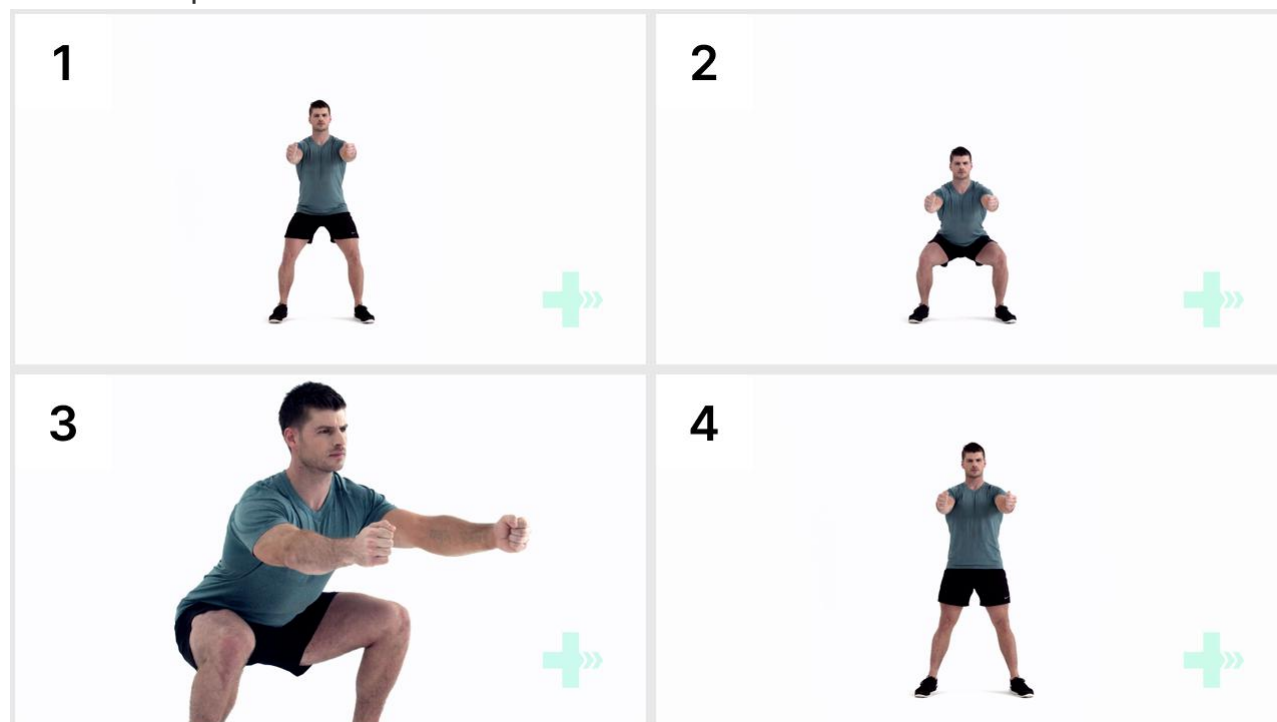
Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.

Keep your buttocks squeezed and your hips level.

You will feel the core muscles working.

13. Bodyweight squat

1 Set • 1 Rep • 1 s hold



Start position is standing straight with the arms out in front and bent at the elbows, the fists should be clenched and the palms facing inwards.

Move downwards into a squat position so that the knees are aligned over the toes and the heels are in contact with the floor, make sure the back is straight. Keep the head and chest upright and the gaze horizontal.

Hold for 2 seconds and return to the start position.