



WARM UP: Light jogging 5mins + mobility/loosen up
 REST B/W SETS & EXERCISES: 30-45secs
 TOTAL SESSION TIME: <40mins

1. Single leg reach 02122



2*12 each side

Control each rep and maintain good posture. Touch the ground with alternating hands every rep.

2. Bridging 00370



3*12

Perform reps slowly and with control - SQUEEZE through glutes - pause at the top of the movement.

3. Box single leg squat 05632



3*10 each side

Perform reps with control. Only use the box/bench as a cue i.e. do not sit only touch then move up - PUSH through heel.

4. Incline push up 06227



3*25-30

Perform reps with control (full reps only). May progress to full push ups only with excellent technique for all reps. Chest touches the ground.

SUPERSET 4 & 5

5. Smith rack pull up horizontal 00669



4*12-15

Perform reps with control (full reps only). If too hard then walk feet closer to the body. Chest touches the bar and pause at the top.

6. Lunge walk 01277



3*8 each leg

Perform reps with control. Back knee should lightly touch the ground. Front knee over (or slightly forward) of front toe. Go for depth, drive up hard!

7. Deep squat 01211



3*12-15

Perform reps with control but slightly faster on way up. Go for max depth each rep with control - i.e. aim for buttocks between heels - ass to grass.

8. Forward leaning calf raise 03921



3*12-15

Perform reps with control but slightly faster on way up. Do not overstretch calf, pause at the top for more effect.

9. Side lying stabilization 04422



3*20-45secs each side

Controlled tight torso throughout. Do not excessively arch, keep a straight/neutral body. No rest! - i.e. flip over to other side for rest!

10. Prone stabilization 02071



3*45-60secs

Controlled tight torso throughout - MUST have excellent technique. If pain occurs in lower back or cannot complete move to knees and increase time.

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.