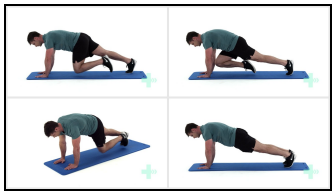
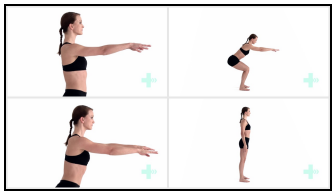
Exercise Plan 1



1. Mountain climbers

Adopt a plank position insuring your hands are directly beneath your shoulders. Fully flex one hip and hold. Extend the bent leg to the rear and repeat the movement pattern on the opposite side

20 reps, 2 sets



2. Squat

Stand with your feet shoulder-width apart. Engage your core muscles and gently squat down, do not allow your knees to travel too far forwards and keep your weight on your heels, not your toes. Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position. As you squat, bend from your hips and keep your back straight.

15 reps, 2 sets

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3. Calf raise on step

Stand on a step and move your feet back so that the heels are off the edge. Maintaining good balance, raise up and down on your toes, controlling the movement in both directions.

20 reps, 2 sets

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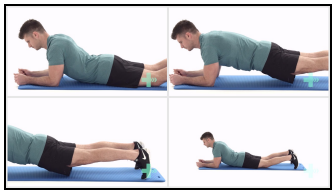
4. Bridge lifting one foot [09200]

Lie on your back with your knees bent and your feet flat on the floor. Tighten your buttock muscles and lift your hips up into the bridge position. Lift one foot off the floor a few centimetres. Make sure you keep your hips up and level throughout the movement.

15 reps, 2 sets, 2 s hold



5. Plank for core

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.

1 rep, 4 sets, 20 s hold