

MOBILISATION



1) GLUTE MYOFACIAL RELEASE

- Start on your back, tuck feet flat on the floor close to your bum
- Place Lacrosse Ball in your top right corner of your glute
- Drop your knee down to one side and flick your foot out
- Repeat on the left
- 12 repetitions x 3 sets on each side.



2) SHOULDER MASSAGE

- Stand leaning on a wall and place the ball under your shoulder blade
- Find any knots and lean into them to disperse the knot
- Work your way around the whole shoulder blade as if it was a big C shape.



3) PIRIFORMIS RELEASE

- Sit on a ball, top right corner of your bum
- Arms behind you to hold you up
- Place your right leg on top of your left knee to create more tension
- This could be done on a roller.



4) INNER THIGH MASSAGE

- Lie on your front, head in your hands
- Bring your leg out as far to the side as you can, toes facing up towards you
- Place the roller under your leg above your knee
- Roll all of your inner thigh until you reach to very top by your hip.



1) PLANK (KNEELING OPTIONAL)

- Lay on your front
- Dig your toes into the ground
- Place your elbows underneath your hands clasped
- Bring your hips up until they're level with your shoulders
- Squeeze belly button in and your glutes together.

Aim for 30 seconds and build to a minute



2) BIRD DOG

- Kneel down and on the floor directly below your shoulders
- On all fours you should look like a table head down
- Find a neutral spine by stretching as high as possible like a cat
- Then push your belly down as far the other way
- Repeat until you find the middle
- At the same time gently lift your foot and opposite hand up until parallel.

Repeat 10 times on this side and then swap

Build up to 3 sets on each side

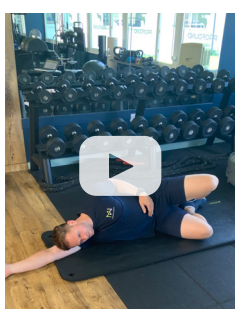


3) CURL UP

- Lay flat on your back slide your right leg up and have your foot near your bum
- Place your right hand under the arch in your back
- Squeeze down on your hand and do a small sit up
- Don't release the pressure on your hand on the way down.

Repeat 8-10 times on the right and repeat on the left

Build up to 3 sets on each side



4) CLAM SHELL

- Lay on your right side up against a wall
- Bend your knee and slide your feet near to your bum
- Lift your knee up like a clam shell making sure that the muscle used is the glute and your upper body doesn't move at all.

Repeat 8-10 times on the right and repeat on the left

Build up to 3 sets on each side



5) SIDE PLANK (KNEELING OPTION)

- Lay on your side
- Feet on top of each other
- Place your elbow underneath your shoulder
- Push your hips up until they level with your shoulders
- Squeeze belly button in and your glutes together.

Aim for 30 seconds each side and repeat 3 times each side



6) GLUTE BRIDGE

- Lay on your back, slide feet towards your bum so your knees are in the air feet flat. Hands by your side to help
- Lift your hips up as high as possible
- At the top open your knees as wide as possible
- Aim to only use your glutes to achieve this.

Repeat 8-15 time, build up to 3 sets and use a band to make it harder



7) LYING KNEE ROTATION

- Lay on your back, slide feet towards your bum so your knees are in the air feet flat
- Hands shoulder high palms down
- Drop your knees down to one side
- Use your hands to ensure your shoulder remains down
- Squeeze in your belly button pulling your knees over to the other side.

Repeat 8-15 time, build up to 3 sets



1) SIT TO STAND

- Stand slightly in front of a box feet shoulder width apart
- Face big toe slight out to one side around 45 degree
- Sit down slowly onto the box allowing you knees to follow the line of you toes
- Touch the box without losing the tension
- Try and get the sense that you are squeezing your glute muscles to start the downward movement not just relying on your quads.

Repeat 8-15 time, build up to 3 sets and use a band to make it harder



2) BALANCE ON ONE LEG

- Stand on one leg and try and balance
- Grip the ground with you foot getting a sense that you have a strong arch in your foot
- Once balanced lift your knee to hip high on the other leg
- To increase the difficulty stretch your raised leg behind you as far as possible
- Toes facing down and your head, back, hip and heel in a line.

Repeat 8-10 time on the right and repeat on the left

Build up to 3 sets on each side



3) STEP UP

- Find a small step or box in the gym
- Place one foot on top
- Grip the ground with you foot getting a sense that you have a strong arch in your foot
- Step up onto the box, either balance with your knee raised to hip height or
- Place your foot next to the top one and catch your balance.

Repeat 8-10 time on the right and repeat on the left

Build up to 3 sets on each side



4) FEET ROTATION

- The aim is to turn your feet 180 degrees around, most likely you will only achieve 90 degrees which, is absolute fine.
- Think of your feet as the hands on a clock face. One foot is at 12 and does not move at all. The other is doing to spin around the clock face and land as far round as possible.
- Lead the movement with your head and eyes looking around first. This will avoid any accidents.

Repeat 8-10 time on the right and repeat on the left.

Build up to 3 sets on each side.

To make this more challenging spin your hand round as well over shoulder height.



5) LEANING TRUNK ROTATION

- With your right hand lean on a box or the arm of a sofa around hip height or as low as knee height for a challenge
- Your right foot needs to step forward to be close to your hand
- Have your left foot quite far back but, keep it comfortable and stable
- Rotate your head around to look up at the ceiling
- Follow that with your left elbow heading up and finish with your hand stretching straight up as high and straight as it can go.

Repeat 8-10 time on the right and repeat on the left.

Build up to 3 sets on each side.



6) LUNGE AND TURN (TURN TOWARDS THE LEG OUT YOU STEPPED FORWARD WITH)

- Step forward as far as you are comfortable
- Bend the back leg down towards the floor
- Stay nice and upright avoiding leaning forward with momentum
- Once stable turn your upper body to the side which your leg is at the front
- This will ensure you remain stable however still not easy.

Repeat 16-20 time alternating the legs and the side you turn to each time to free your lower back up.



7) BACKWARD LUNGE (WITH ARMS GOING OVER YOUR HEAD)

- Step backwards as far as you are comfortable
- Bend the back toes as much as possible
- Drop the back leg down towards the floor
- Once confident with this simultaneously step back and through both arms over your head to stretch your hip and back.

Repeat 16-20 time alternating the legs and the side you turn to each time to free your hip flexors up which can relieve your lower back.



8) SIDE LUNGE

- Step out to your right as far as you can comfortable
- Bend the right leg and ensure the left leg stays straight
- Keep your left foot completely flat avoiding the side of your foot lifting
- Push your bum back as far as possible to avoid any weight going through your knee.

*Repeat 8-10 time on the right and repeat on the left.
Build up to 3 sets on each side.*

Always ensure the band is secure before you start

- Loop the band around something solid
- Loop the band around and pull it through itself



1) CORE BRACE

- Stand side on
- Punch band forward and back from belly button
- Pull your belly button in as hard as you can to help hold you up
- Squeeze your glutes together.

Progression stand on one leg build to (use closest leg to the band to stand on).



2) TRIANGLE PULLS

- Face the knot get some tension on the band
- Have your hands shoulder width
- Pull the band towards you
- Once near your chest pull your hands apart
- Hold for 2-3 seconds and squeeze the shoulder together.

Repeat 8-15 time, build up to 3 sets and stand further away to make it harder.



3) DEADLIFTS

- Stand hip width apart
- Soften your knees
- Feet straight forward
- Pinch your shoulders together
- Pull your belly button in
- Bend from your hips no more than 90 degrees
- Tuck your chin in slightly
- Imagine your lifting your hips up
- Get a stretch in your hamstring.

Repeat 8-12 time.

Build up to 3 sets.

Hold onto a band and hook it under the arch under your feet.



4) CRAB WALKS

- Tie the band around your legs just above your knees
- Bend your knees and sink down into half a squat
- Step sideways like a crab for 8-10 steps
- Ensure the trailing leg never steps in more than half keep constant tension
- Repeat coming back the other way
- Try gripping with your feet to help fire the glute muscles.

Build up to 3 sets.



5) SINGLE ARM ROWS (STANDING OR SITTING)

- With the band securely fastened and you facing the anchor point
- Hold the band and pull it towards your hip
- Aim for a 90 degree bend in the arm
- Keep your shoulders squeezed together and belly tight.

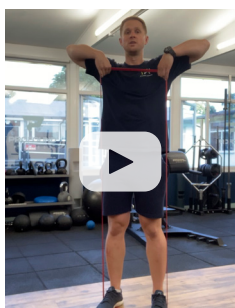


6) REVERSE FLIES

- Hold the band in both hands shoulder width apart
- Once your shoulders are squeezed together and your body is braced
- Pull your hands apart as far as possible
- Hold for 2-3 seconds.

Repeat 8-12 time.

Build up to 3 sets.



7) UPRIGHT ROWS (INCREASE TO OVERHEAD PRESS POSITION)

- Stand hip width apart
- Soften your knees
- Feet straight forward
- Hold the band hands hip width
- Pull the band upwards until your knuckles are just under your chin
- Always make sure your elbows are higher than your hands throughout the exercise.

Increase to overhead press position once you are finding it easy.

Use any weights (dumbbell, kettlebell, weight plate, barbell or even a tin of beans) but, make sure they are comfortable.
I want to build your strength up over time and longevity is paramount.



1) SINGLE ARM ROW

- Place the weight on the floor next to your bench or chair
- Put your right knee on the bench
- Hold yourself up with your right hand
- Make sure your back is in a flat position like a table
- Now pick up your weight in your left hand
- Aim to row the weight to a 90 degree bend in the arm
- Keep your elbow tight to your side and brace to avoid any wobble.

Balancing with opposite leg in the air for progression (weight in left hand, right leg in the air ensuring your head, back and heel are in a line.



2) DEADLIFT

- Stand hip width apart
- Feet straight forward
- Pinch your shoulders together
- Pull your belly button in
- Bend from your hips and knees as if you were going to sit down
- Push your bum back as much as possible whilst remaining solid in your stance
- Tuck your chin in slightly
- Hold the weight and then slide them up and down your shins
- Brace your arms to your side to keep tension through your whole body.

Repeat 8-12 times.

Build up to 3 sets.



3) GOBLET SQUAT

- Feet shoulder width apart
- Face big toe slight out to one side around 45 degree
- Carefully pick up the weight as if you were holding a goblet
- Tuck it under your chin, elbows tight to your side
- Imagine your going to sit down slowly onto a chair
- Allow your knees to follow the line of your toes
- Try and get the sense that you are squeezing your glute muscles to start the downward movement not just relying on your quads.

Repeat 8-15 time, build up to 3 sets and use a band to make it harder.



4) BENT OVER REVERSE FLIES

- Stand hip width apart
- Feet straight forward
- Pinch your shoulders together
- Pull your belly button in
- Grab your weights
- Hands directly under your shoulder
- Whilst remaining bent over open your hands up to shoulder height
- Hold for 2-3 seconds and slowly lower your hand back down to the start position.

Repeat 8-12 time.

Build up to 3 sets.



5) WALKING LUNGES

- Hold the weight by your side shoulder pinched together
- Step forward as far as you are comfortable
- Bend the back leg down towards the floor
- Stay nice and upright avoiding leaning forward with momentum
- Either step forward and put your feet together before the next lunge on the other leg or step right through to the next rep.

Repeat 16-20 time alternating the legs.