

Prone Stabilisation

Phase 1

1. Prone stabilization 02071



2-3 sets. Build up to 10-30 secs. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

Phase 2

2. Stabilization arm raise 04428



2-3 sets. Build up to 10-15 reps on each arm. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

Phase 3

3. Stabilization arm raise 04426



2-3 sets. Build up to 10-15 reps on each arm. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

Phase 4

4. Stabilization arm-leg raise 04427



2-3 sets. Build up to 10-15 reps on each arm and leg. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

5. Stability ball bridging leg curl 04183



2-3 sets. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets. Complete sets or until your technique is negative affected.

6. Kneeling arm-leg raise 04974



2-3 sets. Build up to 10-15 reps per leg. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets. Complete sets or until your technique is negative affected.

7. Supine arm-leg raise 04822



2-3 sets. Build up to 10-15 reps per leg. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control

Side Stabilisation

Phase 1

8. Side lying stabilization 04422



2-3 sets on each side. Build up to 10-30 secs. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

Phase 2

9. Side lying stabilization arm raise 04429



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

Phase 3

10. Side lying stabilization hip flexion 04425



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

Phase 4

11. Side stabilization arm-leg raise 04430



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

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.

Phase 1

12. Seated rotation 04878



2-3 sets. Build up to 10-20 rotations. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; don't rush.

Phase 2

13. Seated rotation 04879



2-3 sets. Build up to 10-20 rotations. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; don't rush.

14. Single leg bridging 00371



2-3 sets on each side. Build up to 10-25 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

15. Band hip ER 01145



2-3 sets on each side. Build up to 10-20 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS.

2 x a week exercises

16. Stability ball hip flexion 04169



2-3 sets on each side. Build up to 10-20 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS - EXERCISE FOCUS IS TURNING ON THE CORE

17. Stability ball knee extension 04170



2-3 sets on each side. Build up to 10-20 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS - EXERCISE FOCUS IS TURNING ON THE CORE

18. Kneeling arm-leg raise 04974



2-3 sets. Build up to 10 reps per leg with a 3-5 sec hold. NOTE: this exercise does not require you to extend your arm or leg, rather simply rise your palm and knee 3-5cm off the ground, with a key focus on TURNING ON THE CORE