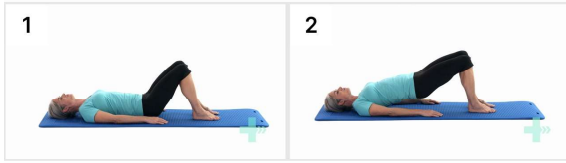


Shop 8, Parap Place
Parap, NT, 0820

1 Set / 10 Reps / 1 s hold

1. Bridge with pelvic tilt

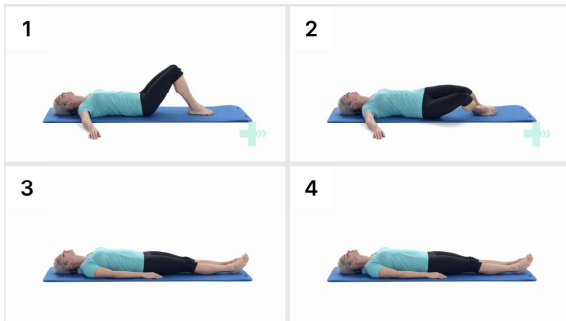
Bridging strengthens your buttocks and your leg muscles. Lie on your back with your knees bent and your feet flat on the floor. Gently tilt your pelvis, as if you are imprinting your lower back into the floor. Now, lift your hips up into the air, while still holding your pelvis level. Hold in the bridge position before you then lower, keeping your tummy drawn in, and slowly lower your spine back down onto the floor one vertebrae at a time. Keep your buttocks tight until your pelvis rests on the floor.



1 Set / 10 Reps / 1 s hold

2. Supine knees side to side

Lie on your back with your knees bent and your feet flat on the floor. Extend your arms out to the sides and keep your shoulders on the mat at all times. Keeping your knees together, drop them down to one side, rotating your torso. Return to the starting position and allow your knees to fall to the opposite side. Only drop your knees as far as you go comfortably. Hold the stretch on each side if you are able to.

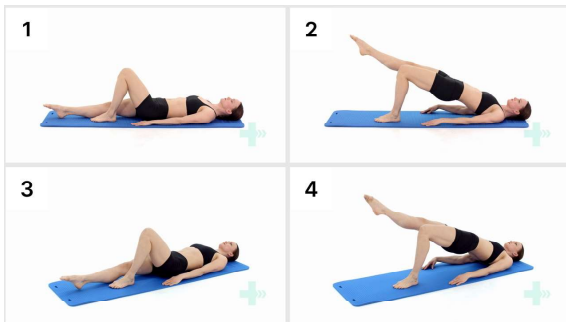


1 Set / 5 Reps / 1 s hold

3. Bridge single leg

Lie on your back with your legs hips width apart. Bend the leg you want to strengthen, keeping your foot on the floor. Your knee and foot should still be in alignment with your hip. Tighten your abdominal and buttock muscles and lift your hips up off the floor, allowing your straight leg to lift with the movement. Your thighs should remain level. Ensure your hips do not drop on the side of your straight leg. Control the movement as you lower your hips back down to the floor and repeat the movement.

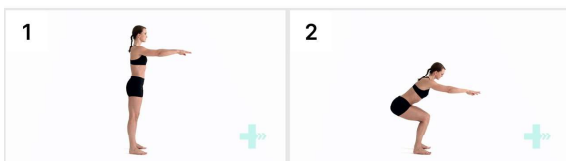
Do 5 left and 5 right



1 Set / 10 Reps

4. 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.



5. Resisted crab walks

Place a band around your ankles and gather some tension.
 Side-step keeping constant tension on the band.
 Make sure you do not bring your feet too close together and keep your toes and knees pointing forwards.

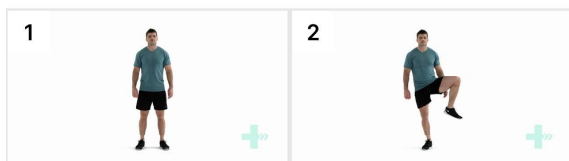
*Can do this without the band
 10 each side*



6. Lateral hip rotation

Stand tall with your feet hip-width apart, your knees slightly bent and your hips back.
 Lift one knee into the air and laterally rotate your hip.
 Repeat the movement with your other leg.
 Continue alternating the movement to complete the set.

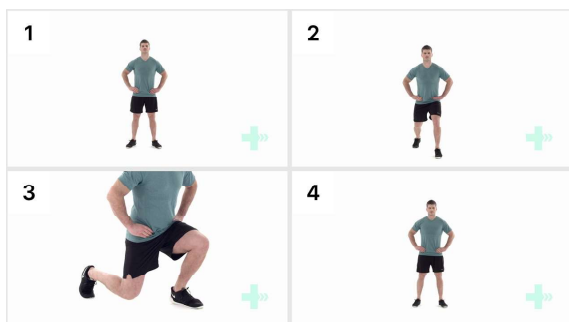
5 reps each side



7. Lunge

Stand upright with your legs at shoulder-width apart and your hands on your hips with the fingers facing in towards your stomach.
 Take a medium sized pace forward and then enter into a lunge by lowering your body downwards using your legs.
 Allow the forward knee to bend until your thigh is parallel to the floor making sure you keep your back straight.
 Return to the starting position by springing up off the front leg.
 Repeat for the other leg.
 Keep your abdominals tight and your feet shoulder-width apart throughout the exercise.
 Perform this exercise at a slow controlled pace.

5 reps each side



8. Walking

Consult with your therapist how long you can walk and at what interval you can continue.

Walk first 500m of your run to finish your warm up

