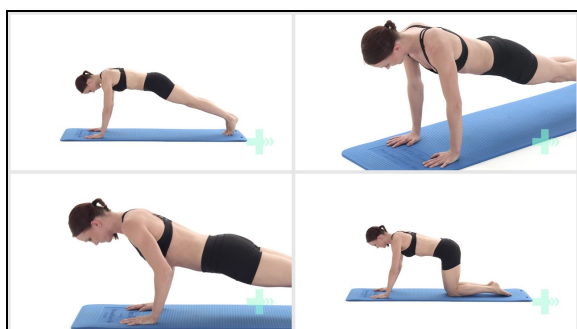


1. Squat to rotation

From a standing position drop down into a deep squat while keeping your back flat, and chest up. Rotate your thoracic spine, draw one arm to the ceiling focusing your gaze upon your thumb throughout the movement. Return to the starting position and repeat on the opposite side.

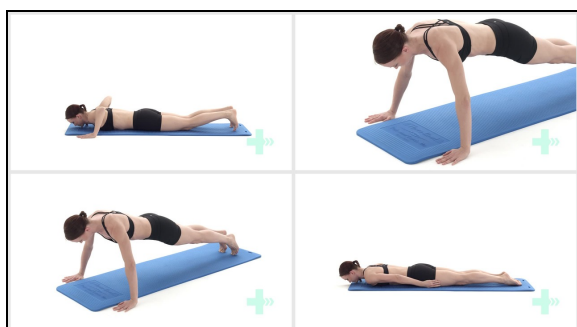
15 reps, 2 sets



2. Press-up - narrow

Lie on your front with your hands under your shoulders and toes on the floor. Tighten your abdominal and buttock muscles as you push yourself up through your arms, keeping your body straight. You should have a straight line from your shoulders to your heels. Maintaining this rigid position with your body, bend your elbows, keeping your gaze between your hands. Your elbows should remain close in beside your body. Push back through the heels of your hands to straighten your elbows out again. Ensure you do not allow your hips or abdomen to sag. Repeat this movement.

15 reps, 2 sets



3. Press-up - wide

Lie on your front with your hands just wider than your shoulders and toes on the floor. Tighten your abdominal and buttock muscles as you push yourself up through your arms, keeping your body straight. You should have a straight line from your shoulders to your heels. Maintaining this rigid position with your body, bend your elbows, keeping your gaze between your hands. Your upper arms will be away from your body. Push back through the heels of your hands to straighten your elbows out again. Ensure you do not allow your hips or abdomen to sag. Repeat this movement.

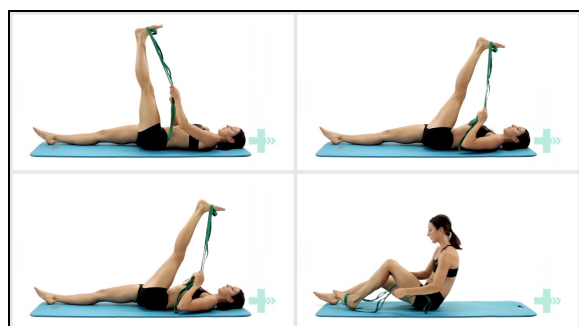
15 reps, 2 sets



15 reps, 2 sets, 5 s hold

4. Dynamic hip flexor and trunk rotation stretch "deep lunge"

Start in a plank position with your hands under your shoulders and your legs and body straight back behind you. Step one leg forwards outside of your hands. Sink your hips down towards the floor between both feet. Lift your hand closest to your front foot up. Reach it up towards the ceiling, turning your upper body and head with the movement. Allow your head to follow the movement so that your gaze looks out to the side. Return your hand to the floor, then step this leg back. Repeat on the other side.



5. Hamstring stretch with strap

Lie on your back with a strap around the foot of your affected leg. Pull the knee in towards your chest, then straighten the leg up towards the ceiling until you feel a stretch in the back of the thigh. Hold this position.

- To increase the stretch, pull your straight leg up and across your body. You should feel a stretch more on the outside of your thigh and hip muscles.

3 reps, 1 set, 40 s hold