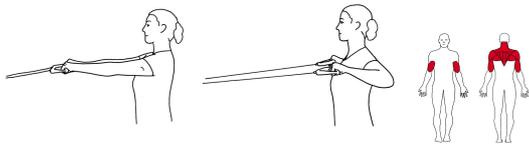


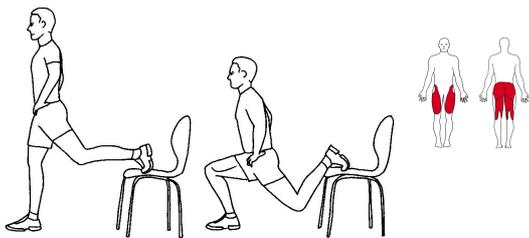
Strenght



1. Resistance Band High Rows

Have the elastic band attached to a wall bar or something similar. Hold the ends of the band in your hands and pull them towards your chest by bending your elbows and retracting your shoulders. Your elbows should maintain shoulder height throughout the exercise.

Sets: 3 , Reps: 10



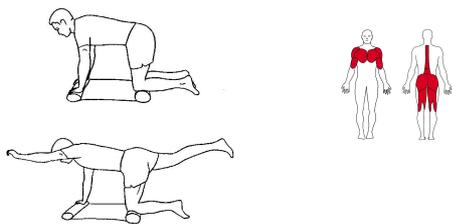
2. Bulgarian Split Squats on chair

Start on one leg and with the centre of gravity right through your body. Distribute most of your weight to the back of your foot. The other leg should rest on a chair and be stable during the whole exercise. By focusing on your stomach and the lumbar region of your back, keep your trunk stable during execution.

Perform a split squat by letting your upright body sink down towards floor. Stop the movement when you reach 90 degrees flexion in the knee. Return to the start position by pushing down through your heel and extend your leg. Your trunk and hip should ascend upwards and forwards, fully engaging your hip and leg.

Breathe in on your way down, hold your breath at the lowest part of the movement and breathe out on your way back up.

Sets: 3 , Reps: 10



3. Diagonal lift on mat, standing on all fours

Roll up the mat at both ends. Stand on all fours with your arms and knees on the rolled-up ends of the mat. Contract your abdomen and lower back and alternately raise and stretch your opposite arm and leg.

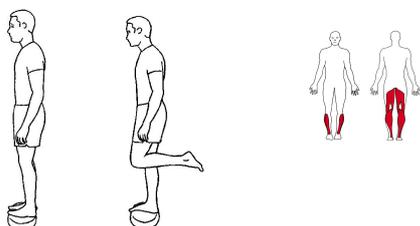
Sets: 3 , Reps: 10



4. Push ups

Stand on your toes, holding your upper body in place with stretched arms. Shoulder wide grip. Lower your body to the ground and then press back up.

Sets: , Reps: 20



5. Single Leg Standing on balance cushion

Stand on the balance cushion and keep your balance. Raise one leg and bend your knee while keeping your balance on your other leg for as long as possible. Repeat the exercise with your other leg.

