




Glute bridges		<ul style="list-style-type: none"> • Lying on back • Engage core and lift hips off floor • Squeeze glutes and hold 2 seconds • Slowly lower • 3 x 10
Leg slides		<ul style="list-style-type: none"> • On your back bring your knees to your chest and flatten your back into the floor • Squeezing your lower abs, slide 1 leg out straight at a time • 3 x 20
Body squats		<ul style="list-style-type: none"> • Feet facing forward • Hips and knee parallel • Keeping head and chest up squat as low as possible • Slowly and controlled • 3 x 10

Mobility



Knees to chest on back
-slightly rock knees



Sit back onto feet at reach
Hold for 20s and reach further



Sit onto heels
Can use wall for stability



Sit onto heels and reach forward for more stretch!