

Lie on your back with your hips and knees at 90 degrees and your feet flat against a wall.

Push your feet in to the wall and pull your heels downwards.

You will feel a contraction in the back of your thighs (hamstrings).

Sets 2 - Repetitions 2 - Time 3



Start in an upright kneeling position with your arms across your chest.

Engage your stomach muscles (TVA) and contract your buttock muscles (Gluteus).

Carefully lean back - hold and repeat.

Sets 4 - Time 3

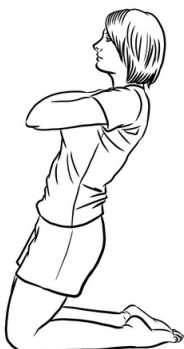


Place a ball between your knees and squeeze gently.

Squat back maintaining the tension on the ball.

Return to standing and repeat.

Sets 2 - Repetitions 2 - Time 2



Start in an upright kneeling position with your arms across your chest.

Engage your stomach muscles (TVA) and contract your buttock muscles (Gluteus).

Carefully lean back - hold and repeat.

Sets 4 - Time 3