

6/03/2018
Session 1

Warm up 1

5 minutes
Self paced warm up
Eg. slow jog commence main program

1. Climber 05462



Tips: Flex the hips to take the feet to the outside of the hands & repeat the movements with both legs in an alternating fashion. Place the feet flat on the ground & keep the elbows slightly flexed.
Cautions: Gradually increase the speed & range of the movements. Keep the neck in line with the spine.

2. Band reverse fly 03809



Tips: Secure the band or tubing at approximately chest level & hold both ends with a neutral grip. Extend the arms until the hands are approximately in line with the shoulders then control the movements back to the start position. Do not extend the arms too far past the position of the body unless specified otherwise by an exercise professional.
Cautions: Ensure that the band is strong enough to withstand the tension developed during the exercise.

3. Prone stabilization 02071



Tips: Start with the forearms flat on the floor with the palms facing down. Extend the hips & knees to press up to a front support position while keeping the torso rigid then reverse the movements back to the start position. Control both phases of the exercise, particularly the lowering phase. Consider placing a mat under the arms for additional comfort.

Cautions: Keep the neck in line with the spine & do not allow the spine to sag.

4. Bridging 00370



Tips: Start with the feet approximately shoulder width apart with the head & shoulders in contact with the ground. Lift the hips off the ground until the thighs are in line with the torso then control the movements back to the start position. Either return the hips to the ground after each repetition or keep the hips off the ground. Either hold the position for the prescribed duration or repeat the exercise in a continuous fashion.

Cautions: Do not allow the spine to extend past the neutral position unless specified otherwise by an exercise professional.

Commence main program

Warm up 2

5 minutes

Self paced warm up

Eg. slow jog commence main program

5. Kneeling spine rotation 02913



Tips: Kneel with the hands underneath the shoulders & the knees under the hips. Flex & rotate the torso to reach under the body then extend & rotate to raise the arm behind the body. Repeat these movements continuously.

Cautions: Keep the neck in line with the spine.

6. Band standing shoulder adduction 03270



Tips: Maintain neutral curves in the spine & keep the torso vertical during the exercise. Keeping the arms straight, adduct the shoulders then reverse the movements back to the start position. The precise position that the arms are pulled to may vary depending on the requirements of the exercise.

Cautions: If you have a history of shoulder injury or other shoulder pathologies, seek professional advice prior to commencing this exercise.

7. Kneeling arm-leg raise 04974



Tips: Start with the hands under the shoulders, the knees under the hips & neutral curves in the spine. Extend the hip & knee & flex the opposite shoulder then return to the start position. Either continue with the same arm & leg or repeat the movements with both limbs in an alternating fashion. Hold a dumbbell to progress the exercise.

Cautions: Do not allow the spine to round or sag.

8. Bridging 00370



Tips: Start with the feet approximately shoulder width apart with the head & shoulders in contact with the ground. Lift the hips off the ground until the thighs are in line with the torso then control the movements back to the start position. Either return the hips to the ground after each repetition or keep the hips off the ground. Either hold the position for the prescribed duration or repeat the exercise in a continuous fashion.

Cautions: Do not allow the spine to extend past the neutral position unless specified otherwise by an exercise professional.

Commence main program