

STAGE ONE

Complete each exercise
with 30 secs rest in between

FOUNDER DOUBLE LEG
REPS 2 (30SECS)

FOUNDER SINGLE LEG
REPS 2 (30SECS ON BOTH SIDES)

STANDING ROW
REPS 12-15

HEEL SLIDES
REPS 12-15

GLUTE BRIDGE
REPS 10-12

CAT COW
REPS 10-12

FOUNDER DOUBLE LEG

Keep knees soft
and push hips
backward, arms
come up by ears



FOUNDER SINGLE LEG

Split stance, hips
facing forward,
carefully tipping
from hips, weight
into front glute
and heel. Arms
reach up by ears



STANDING ROW

Squeeze into
upper back,
keep shoulders
down and
away from ears



HEEL SLIDES

Laying on back with neutral
spine, slide feet along the
floor or about 1cm off the
floor, slow and controlled.
Keep hips stable on the
floor. Hand across front of
pelvis to feel for rocking



CAT COW

Start in 4 point position,
scoop belly up and then
arch belly away.

GLUTE BRIDGE

Even weight
through both feet



STAGE TWO

Complete each exercise
with 30 secs rest in between

STANDING COBRA
REPS 2-3 (15-30SECS)

FOUNDER SINGLE LEG
REPS 2-3 (15-30SECS ON BOTH SIDES)

BIRD DOG
REPS 20

KNEE DROP OUTS
REPS 12-16

PRONE BACK ACTIVATION
REPS 2 (15-30SECS)

MINI CRUNCH
REPS 10-12



STANDING
COBRA

Keep knees soft
and push hips
backward, arms
come to right angle



FOUNDER SINGLE LEG

Split stance, hips facing
forward, carefully
tipping from hips, weight
into front glute and heel.
Arms reach up by ears



KNEE DROP OUTS

Laying on back, hips stay
stable on the mat, drop
knee away from midline and
return, hips keeping stable.



BIRD DOG

Kneeling 4 point position, keeping
hips stable, glide opposite arm and
leg off the mat (don't spill the wine/
coffee on your tailbone)



PRONE BACK ACTIVATION

Laying face down, bend knees
and press knees, ankles, and
squeeze bum, keep breathing!



MINI CRUNCH

Laying on back with knees bent
up, lift shoulders off ground and
reach for knees

STAGE THREE

Complete each exercise
with 30 secs rest in between

CLAMS
REPS 10-12 EACH SIDE

DEAD BUGS
REPS 20

FIRE HYDRANTS
REPS 5 EACH SIDE

SCAPULAR WALL SLIDES
REPS 10-12

PALOFF PRESS
REPS 10-12 EACH SIDE

STANDING STRAIGHT ARM PULL
REPS 10-12

CLAM

Starting in side lying position, stack hips and shoulders, open knees, keeping hips stacked. No rocking hips backward.



SCAPULAR WALL SLIDE

Standing tall with soft knees, elbows and wrists and hips against wall.

Drop ribs to hips (flatten back against wall). Keeping wrists and elbows on wall slightly move arms u and down.



FIRE HYDRANTS

Starting in 4 point position, lift one knee keeping hips stable. Hold, then alternate.



STANDING STRAIGHT ARM PULL

Standing with soft knees and weight in heels, band should have some resistance in starting position, draw arm downwards, keeping chest high and tummy strong.



PALOFF PRESS

Standing with soft knees and weight in heels, clasp 2 hands on band in centre of chest, push band forward. Resistance should be trying to pull you towards the anchor point.



DEAD BUGS

Lying on back and up on elbows and knees bent, push heel away from body, then alternate. Keep chest high.

