

Better Health Nutrition & Fitness  
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Perform two minutes of step ups between each round of exercises. Vary between the forwards and side step ups. One minute each leg.

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## 1. Step up

1 Set / 1 Rep

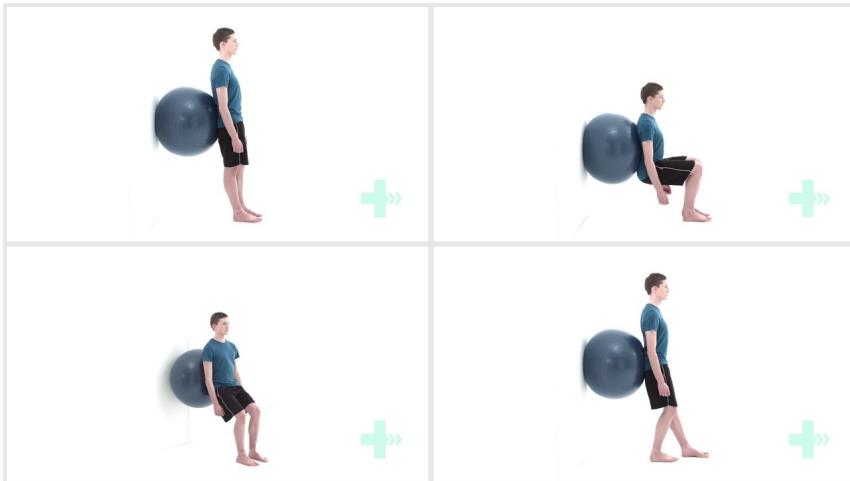


Stand in front of a stair or step. Place one foot up onto the step and when you are stable bring up the other foot. Repeat, starting with the other leg.

*1 minute each leg. Not too fast.*

## 2. Stability ball wall squats

1 Set / 1 Rep



Stand upright and place a stability ball in the small of your back.

Rest against a wall with your feet hip width apart.

Walk your feet forwards.

Bend your knees and use the ball to slide down the wall as far as you can comfortably go.

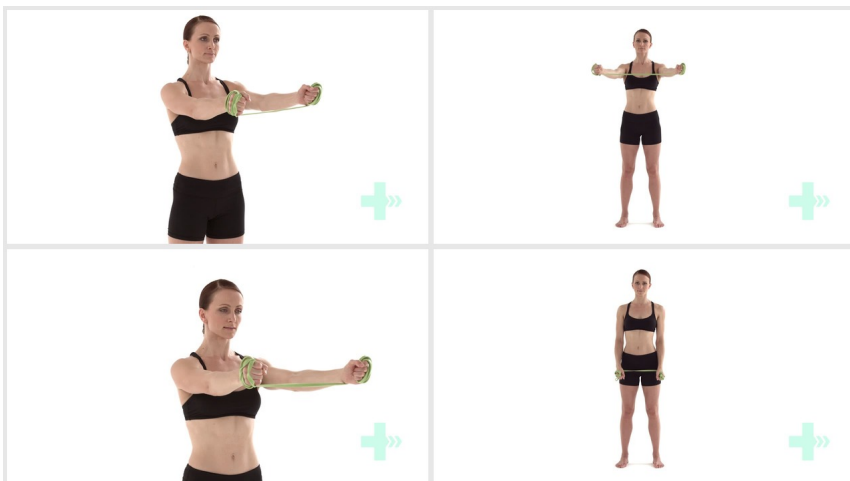
Your hips should drop directly down towards the floor.

Push back up, driving the movement through your buttock muscles.

*Hold as a static wall sit rather than dynamic squat movements.*

## 3. Resisted scapula “T”

3 Sets / 20 Reps



Hold a resistance band in both hands and gather up some tension.

Start with your hands at chest height and your arms straight and move them out in a “T” shape, keeping your shoulder blades back and down.

Control the movement back to the start position and repeat.

*Sit in an upright position on the fitball engaging abdominals.*

## 4. Lunge - weights

3 Sets / 10 Reps / 2kg weight



Hold the weights down by your side and step forwards on to the affected leg.

Lunge straight down, bending both knees to 90 degrees, dropping your back knee towards the floor.

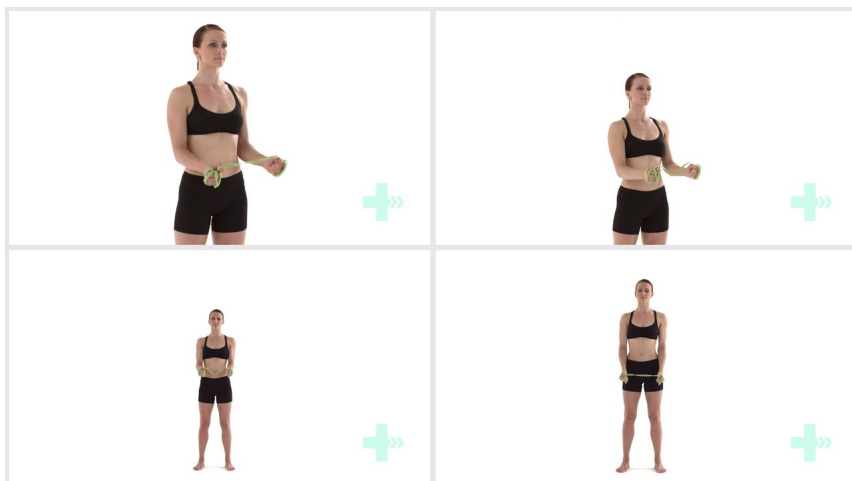
Press back up and repeat this exercise.

Make sure your front knee travels directly forwards over your toes.

*This is not a stepping lunge, rather get in the lunge stance, and do your reps without stepping just pulsing up and down. 1/4 range only with the depth of the lunge. Combine with a 2kg press as per Doms instruction.*

## 5. Resisted scapula “Y”

3 Sets / 20 Reps



Hold a resistance band in both hands and gather up some tension.

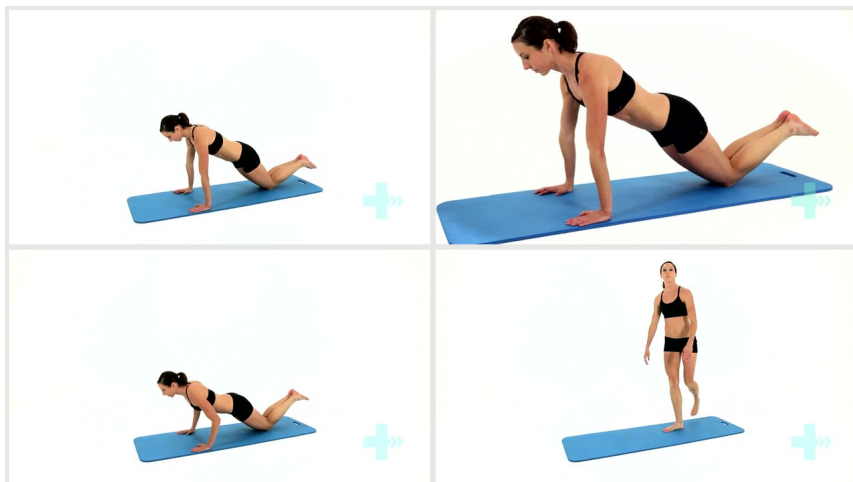
Start with your hands around waist height, and lift them up and out in a “Y” shape, keeping your shoulder blades back and down.

Control the movement back down to the start position and repeat.

*Sit in an upright position on the fitball engaging abdominals.*

## 6. Press up - kneeling

3 Sets / 10 Reps



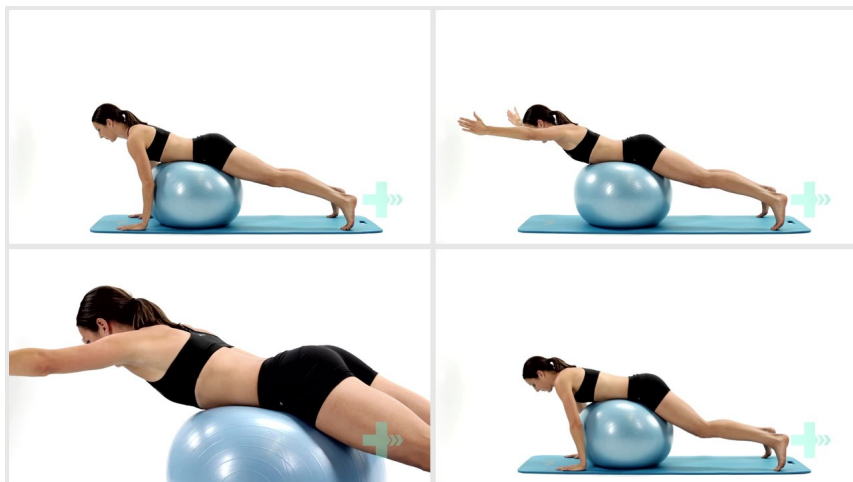
Start on your hands and knees and walk your hands forwards until you have a straight line from your shoulders to your knees.

Keeping your body straight, slowly bend your elbows, bringing your chest towards the floor, then push back up to the start position.

*Use a fitball, and place hands on fitball. Lowering chest to ball.*

## 7. Prone scapular stabilization on ball

3 Sets / 20 Reps



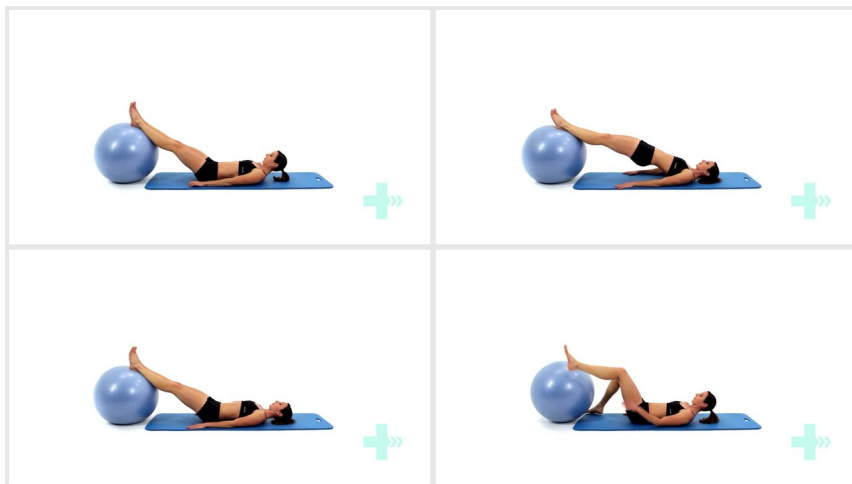
Place the ball underneath the abdomen and get into a balanced position.

Place your arms in a "Y" position out in front of you.

Squeeze the shoulder blades together and down, using the middle muscles of your back.

## 8. Bridge on stability ball

3 Sets / 20 Reps



Lie on your back with your legs on a stability ball.

The closer the ball is towards your feet, the harder the exercise.

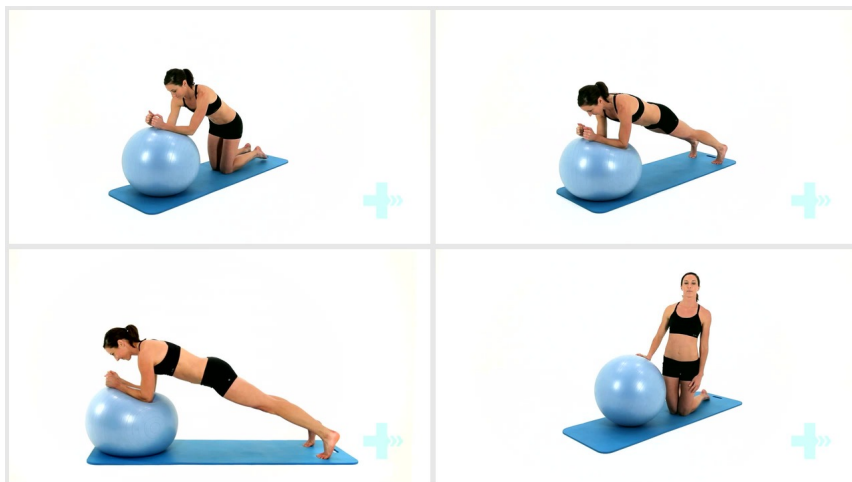
Lift your hips straight up, driving the movement from your buttock muscles.

Once you reach a straight line from your shoulders to your feet, control the movement back to the start position.

*Build up to 20 reps. Lower down for a rest in between.*

## 9. Plank - on stability ball

3 Sets / 1 Rep / 60 s hold



Get into a plank position with your elbows on a stability ball.

Hold this position with your back flat and a straight line from your head to your feet.

*exaggerate the posterior pelvic tilt (tail bone tucked under).*

## 10. Setting in four point kneeling

3 Sets / 20 Reps / 1 s hold



Start in a kneeling position with your hands under your shoulders, and knees under your hips.

Your back should be flat and your gaze between your hands.

Tighten your pelvic floor and core stability muscles, pulling your abdominal muscles in towards your spine.

You should feel your abdominal wall lift up.

Hold this position, relax, and then repeat.

*Ten on each side, perform alternating arm/leg lifts for this one, caution coming above torso height for both.*