

Glut bridge

- Arms stretched above head
- Shoulder, hip and knee alignment.
- Use gluts to drive up
- Hold hips level

Lizards

- On all fours with 'box' underneath
- Suck in stomach, maintain breathing
- Lift alt arm and leg slowly, controlling though trunk
- Maintain level shoulder and hips

Hip hikes

- Keeping leg straight, lift hip bone towards armpit
- Support leg straight
- Hips will be uneven at top of movement

Side plank lifts

- Alignment on side ankle, knee, hip, shoulder and head
- Drop hip to floor slowly and under control
- Drive it back up slowly and under control
- Maintain alignment

Calf up2 down 1

- Up on two legs
- Lower on one for eccentric loading

Prone Glut activation

- Lay face down on floor
- Fire off gluteal muscle without hamstring working
- Fire hamstring and lift
- Lower and relax

Reverse hyper on sb or bench

- Support upper body on ball and hands down to balance
- Lift both legs up to horizontal under control
- Lower under control

Single leg squat.

- Balance on step side on.
- Sink down into squat position with one leg
- Hold hips level at all times, when you cant that is enough
- Drive through hips to return to start position