

10 reps, 3 sets

### 1. Clam shells

Lie on your side with your feet, ankles and knees together. Bend the legs a little and tighten your core stability muscles. Keeping the feet together, lift the top knee up. Make sure you don't roll your body back with the movement. Control the movement as you bring the knee back down to the starting position.

- Slow controlled motion, hold top position for 2 seconds before lowering knee back down



10 reps, 3 sets, 1 s hold

### 2. Hip 90/90

Adopt a sitting position with your back straight, legs out wide and knees bent. Drop both knees to one side under control until you are in 90/90 position. Return to the start position and repeat on the opposite side.

- Once down on one side, rotate from the hip to lift one foot off the ground (knee becomes pivot point). Sets of 10/side. Lean towards front knee!

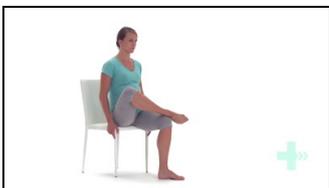


3 reps, 1 set, 20 s hold

### 3. Glute stretch - supine

Start position is lying on the back with the legs bent and the feet on the floor. Lift one leg and cross that ankle over the opposite knee. Reach between the legs grasping the back of the knee of the lower leg and then pull both legs in towards the chest. The non-stretch leg should exert a slight pressure that assists in pushing the crossed leg upwards toward the chest. Hold for 15 seconds and repeat for the other side.

- \*\* keep head relaxed on the ground



3 reps, 3 sets, 20 s hold

### 4. Sitting glute stretch

Sit on a chair and move forwards, bringing your sitting bones to the edge of the chair. Straighten both legs out in front of you. To stretch your right glute, cross your right ankle on top of your left. Slide your right ankle up along your shin, bending your knee until your right ankle sits on top your knee. Let your right knee drop towards the floor. If this is enough of a stretch for you, stay in this position. Inhale and emphasise the stretch as you exhale. If you can stretch more, keep your back straight and bend your left knee, sliding your foot along the floor. If you would like to extend the stretch even further, gently press down with your right forearm onto your right knee. Make sure you keep your back straight. To come out of this position, straighten your left leg. Slide your right leg down your left, and bring your feet together. Slide both legs in by lifting your knees and push yourself back to a neutral seated position.



5 reps, 3 sets, 10 s hold

### 5. SI mobilisation "child's pose"

From the neutral position, tuck the pelvis in pulling gently through the tummy to flex the spine. Push through the shoulder blades, look at your belly button, then gradually bend the knees to sit down on your heels. In this position gradually rock over one leg and over the other. Use your breathing to find the best rhythm. Exhale as you reach over to one side and inhale as you come back to the centre. Coming back to neutral position, inhale and push your shins into the floor to come back up to the start position.

