



THE *optimal* health LAB



1. Bridge with resisting hip abduction 3 sets x 10 reps



Place a band around the knees
Lie on your back with your knees bent and legs hips width apart. There should be tension in the band.
Raise your hips up into a bridge, keeping the knees hips width apart.
Control the movement back down to the start position, maintaining constant tension on the band. Push Slightly out with knees

2. Squats 3 sets x 10 reps



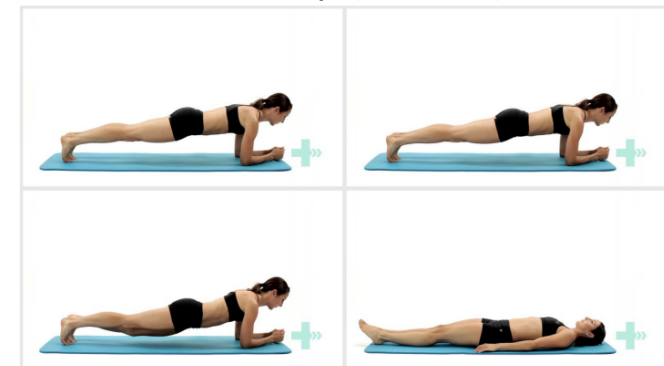
Stand with your feet shoulder-width apart.
Engage your core muscles and gently squat down. As you squat, bend from your hips. Keep your back straight as you push your hips back and counterbalance by leaning your torso forwards.
Do not allow your knees to travel too far forwards. Your weight should be on your heels, not your toes.
Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position.

3. Lunge 3 sets x 10 reps (each side)



Stand upright with your legs at shoulder-width apart and your hands on your hips. Take a medium sized pace forward and then enter into a lunge by lowering your body downwards using your legs. Allow the forward knee to bend until your thigh is parallel to the floor making sure you keep your back straight. Return to the starting position by springing up off the front leg. Repeat for the other leg. Keep your abdominals tight and your feet shoulder-width apart throughout the exercise. Perform this exercise at a slow controlled pace.

4. Plank 1 set x 3 reps (30 seconds)



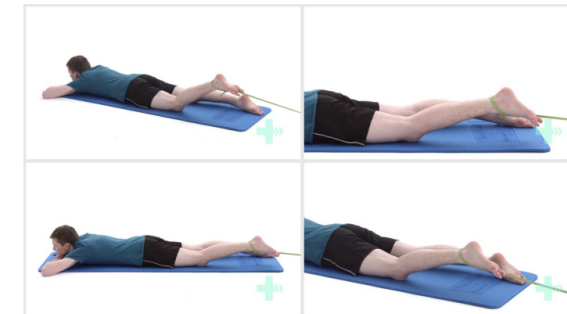
Lie on your front with your toes on the floor. Place your forearms on the floor and push up, lifting your torso and legs. Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging. Keep your buttocks squeezed and your hips level. You will feel the core muscles working.

5. Calf Raise on Step 3 sets x 10 reps



Stand on a step and move your feet back so that the heels are off the edge. Maintaining good balance, raise up and down on your toes, controlling the movement in both directions.

6. Resisted prone hamstring curl 3 sets of 10 reps



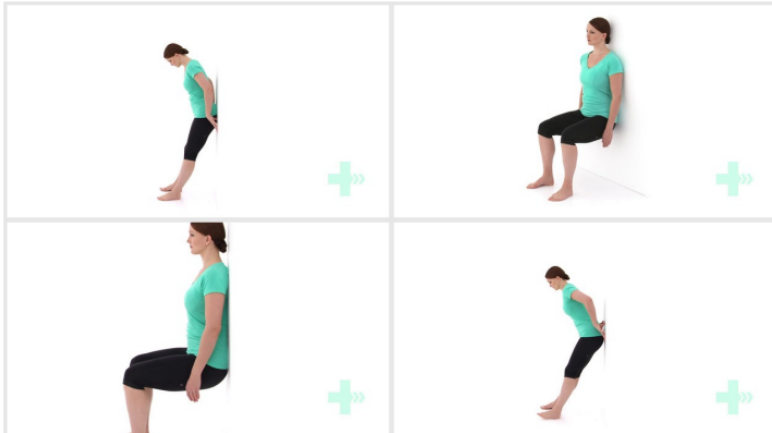
Lie on your front with a resistance band tied around both ankles. Keeping your good leg straight, bend your affected knee, moving your heel towards your buttocks. Control the pull of the resistance band as you lower the leg back down.

7. Bridge – on bench leg raise
3 sets x 10 reps (1 second hold)



Lie on your back with your heels rested securely on a bench. Ensure your knees and feet are hips distance apart with your knees at a 45-degree angle. Tighten your abdominal and buttock muscles and roll your tail bone up from the floor. Continue this movement, lifting your hips directly up to the ceiling until you have a straight line from your shoulders to your knees. Holding this position, lift one leg from the bench. Keep your hips level throughout. Lower your elevated back leg down to the bench. Control the movement as you lower your hips back down to the floor. Your abdominal muscles should remain engaged until your lower back reaches the floor.

9. Isometric Wall Sit
1 set x 3 reps (30 second hold)



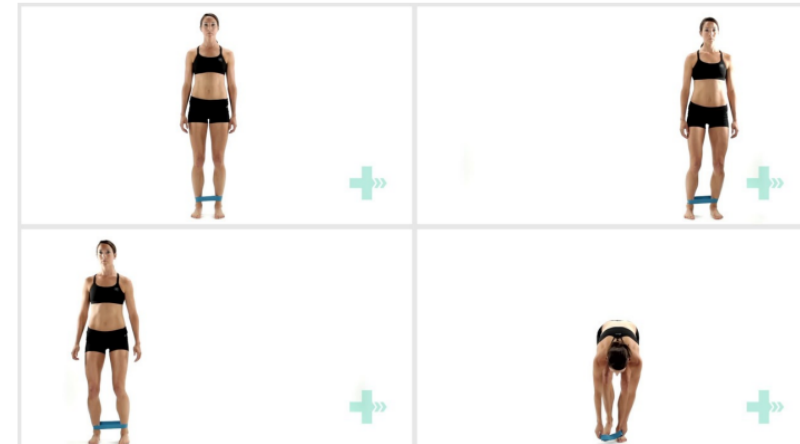
Stand up straight with a wall positioned behind you. Lean your back and buttocks against the wall, then walk your feet forward. Slide down the wall until you reach a 90 degree angle at your hips and knees. Ensure your back and buttocks remain in contact with the wall. Hold this position. Rest for 20 seconds before beginning next rep

8. Bird dog
2 sets x 15 reps (1 second hold)



Start on your hands and knees, with your hands under your shoulders, and knees under your hips. Tighten the abdominal core muscles. Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your body. Do not allow your body or hips to rotate. You should have a straight line from the tips of your fingers to the tips of your toes. Ensure you do not arch your back. Control the movement as you lower your arm and leg back down and repeat on the other side.

10. Resisted crab walks
2 sets x 10 reps



Place a band around your ankles and gather some tension. Side-step keeping constant tension on the band. Make sure you do not bring your feet too close together and keep your toes and knees pointing forwards.