



EXERCISE PROGRESSIONS

SQUAT



1. Bodyweight squat



2. Squat with dumbbells



3. Squat with chest weight/bar



PUSH UPS



1. Knee push up



2. Toe push up



3. Decline push up



TWEAK
PHYSIO

STAND UP HAMSTRING MOBILITY



Part 1 – Stand lean backwards



Part 2 – Bend towards toes



BRIDGE



1. Double legged bridge



2. Double legged bridge march



3. Single legged bridge w. leg supported



4. Single legged bridge unsupported with bent knee



5. Single legged bridge straight leg



DEAD BUG



1. Bent knee heel lowers



2. Straight arm and leg lowers



3. Straight arm and leg lowers with swiss ball



TWEAK
PHYSIO



4. Dumb bell dead bug



SUPERMAN



1. Legs only lift



2. Alternate arm leg lift



SIDE PLANK



1. Double bent knee stacked



2. Bent bottom leg straight top



3. Feet side plank



TWEAK
PHYSIO



4. Top leg lift side plank



FRONT PLANK



1. Bent knees elbow front plank



2. Toes elbow front plank



3. Toes hands front plank



4. Toes hands single leg lift front plank



TWEAK
PHYSIO



Part 1 – Starting position



Part 2 – Top arm up
to ceiling



Part 3 – Finish position



LUNGE



1. Walking lunge
2. Backward step lunge alternate
3. Forward step lunge alternate
4. Bottom pulses



5. Weighted pulses



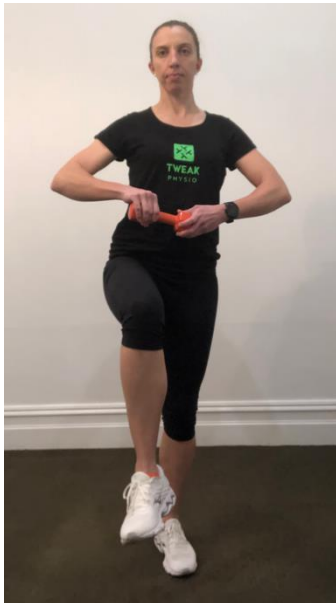
6. Bulgarian lunge



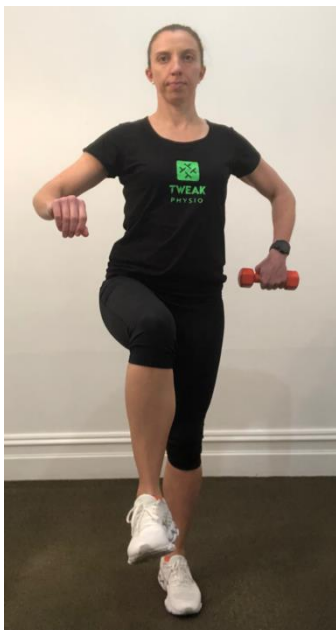
BALANCE



1. One leg stand balance



2. Starting position – Pass weight between hands.



3. Finish position – Pass weight around body.



ANKLE TAPS



1. Feet on ground



2. Knees 90deg feet in air



TWEAK
PHYSIO

STRETCHES



Low back knee rocks



Glutes



Hamstrings



TWEAK
PHYSIO



Starting position Cat/Cow



Finish position Cat/Cow



Childs pose



TWEAK
PHYSIO



Hip Flexor



Quadriceps



Chest