






STRENGTH EXERCISES

<p>OVERHEAD SQUAT</p> 	<p>Key Points:</p> <ul style="list-style-type: none"> ❖ Have arms stretched out overhead with the bar or pole over the midline of your body ❖ Keeping tall squat down attempting to get to parallel ❖ Only go to depth where technique starts to break down (e.g if you lose neutral spine or your body comes forward)
<p>LUNGE</p> 	<p>Key Points:</p> <ul style="list-style-type: none"> ❖ Lunge out so that you make a box between your front leg and your back thigh ❖ Keep tall and don't allow your front knee to go past your toes
<p>PRONE HOLD</p> 	<p>Key Points:</p> <ul style="list-style-type: none"> ❖ Set up with your elbows underneath your shoulders ❖ Have straight line between shoulders-hips-ankles ❖ Have a neutral spine and you shouldn't have any pain in your lower back
<p>SIDE HOLD</p> 	<p>Key Points:</p> <ul style="list-style-type: none"> ❖ Set up with your elbow underneath your shoulder ❖ Straight line between shoulders-hips-ankles
<p>SUPINE BRIDGE</p> 	<p>Key Points:</p> <ul style="list-style-type: none"> ❖ Set up with a right angle at your knees when you raise up and feet hip width apart ❖ Raise up with a straight line between shoulders-hips-knees ❖ Don't hyper extend