



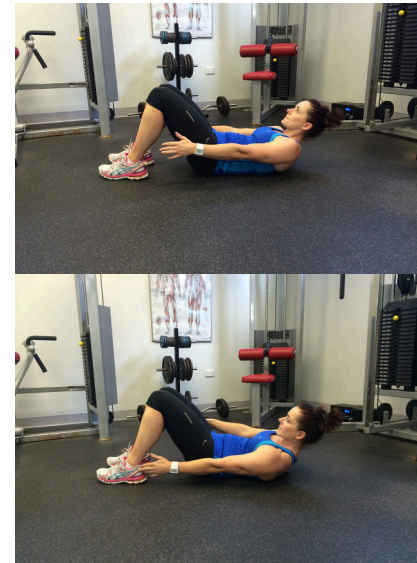
CRUNCHES

1. Lie down, and bend knees to 90 degrees.
2. Keeping your feet flat, engage and squeeze your stomach muscles and bring your shoulders up off the ground.
3. Slowly lower again until your shoulder blades touch the ground.
4. Repeat exercise for specified repetitions.



BICYCLE

1. Lie on your back with arms by your side and legs in air with knees bent at 90 degrees.
2. Straighten your right leg until its parallel with the ground.
3. Alternate sides in a pedaling motion.
4. Complete 10 full repetitions.



ANKLE TAPS

1. Lie on back with knees bent and feet flat on ground.
2. Lift shoulder lightly off the ground and then extend sideways to touch your right ankle with your right hand.
3. Return to starting position and repeat on the left.
4. Repeat 10 times on each side.



FLUTTER KICK

1. Lie on a mat with hands by your side and head on the ground.
2. Engage your core muscles and lift both feet slightly off the ground.
3. Lift one leg up to 45 degrees and then continually swap with the other leg. Continue this motion in a controlled manner for specified repetitions.



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PILATES 100

1. Lie on your back with your knees bent and up in the air, your knees and hips forming 90 degree angles.
2. Your back should be in Neutral Spine. If this position feels like a strain on your lower back, try keeping your feet down on the floor to start and then progress to feet up.
3. Focus on inhaling deeply for five breaths and pulse your hands up and down.
4. Then focus on exhaling for five breaths and continue to pulse your hands up and down.
5. Over the 10 repetitions of 5 breaths in and 5 out you should have pulsed your hands up and down 100 times.



RUSSIAN TWIST

1. Sit on a mat, bend your knees slightly and rest your heels on the floor. Hold your arms out in front of your chest with both hands clasped. Hold a weight to increase the intensity.
2. Lean back slightly, but keep your back straight. Do not round your back.
3. Exhale and slowly rotate to one side.
4. Pause for a count and then inhale and return to the centre.
5. Continue to alternate sides for specified repetitions.



PLANK

1. Start in the push up position. Bend your arms and take your weight onto your elbows.
2. Curl your toes under and engage your abs by tilting your pelvis and pulling your belly button toward your spine.
3. Straighten your body but keep your neck and spine neutral.
4. Flex your abs and squeeze your gluteal muscles. Hold for 30 seconds.



SIDE PLANK

1. Lie on your right side with your legs straight.
2. Prop yourself up with your right forearm so your body forms a diagonal line.
3. Rest your left hand on your hip.
4. Brace your abs and hold exercise for specified time. Repeat on the other side.



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