



BARBELL GOOD-MORNINGS

With the barbell on your shoulders, feet a shoulder-width apart and knees slightly bent (1), slowly lean forward from the hips (2). Ensure your lower back remains in a neutral position throughout the exercise. Slowly return to the start position and repeat.

SETS & REPS: 3 x 15

FREQUENCY: 3 x week



MOUNTAIN-CLIMBERS

Assume and hold the plank position with your hands planted below your shoulders and each foot on a slide-board. Concentrate on keeping the spine in a neutral position and contracting your lower abdominals as you slowly slide one foot along the floor, bending your knee up towards your chest. Return to the start position and repeat with the opposite leg.

SETS & REPS: 3 x 30

FREQUENCY: 3-4 x week



HIP-THRUSTERS

Place a padded barbell across your hips and sit with your upper back against the edge of the bench, knees bent and feet a hip width apart. Contract your glutes as you raise your hips up until your body and thighs form a straight line being sure not to extend your lower back. Lower to the start position and repeat.

SETS & REPS: 4 x 6

FREQUENCY: 2-3 x week



SWISS BALL TOE-TAPS

Place your feet on the Swiss ball and hands on the floor and assume the plank position. While maintaining a neutral spine position, lift one foot off the ball and lower, tapping the floor briefly before returning to the plank position. Alternate legs.

SETS & REPS: 3 x 30

FREQUENCY: 3 x week



ROMAN CHAIR HIP EXTENSIONS WITH MEDICINE BALL

On a Roman chair while holding a medicine ball, position your hips over the pad with your knees slightly bent and your back straight. Maintain a neutral lumbar spine and contract your hamstrings and gluteals as you slowly lower your body down. Pull with your hamstrings and contract your gluteals to extend your hips, raising your trunk until your legs and body are in line again. Repeat.

SETS & REPS: 3 x 12

FREQUENCY: 3 x week