



JOINT PREP
SPINE



HUMP & DUMP

Technique

3 - 5 reps each direction



Begin on all fours, arms straight with hands directly beneath your shoulders and your knees directly beneath your hips, as shown



Start by looking down and slowly raising the upper back before rounding the lower back and tucking the hips under – Focus on moving slowly and moving one vertebra at a time.



Slowly reverse this, by tilting hips back up, arching the lower back, lifting the chest and finally looking up, again focus on slow movements and try and move one vertebra at a time



SQUAT STRETCH W/ EXTENSION



Technique

5 reps



Begin standing with feet shoulder width apart and grab your feet, with thumb and forefinger across the bridge of the foot. Keep your arms straight while lowering the hips until your thighs are parallel with the floor. Lift your chest as high as possible, as shown.



With your thighs remaining parallel to the floor and your arms straight, raise your arms up above your head (Palms facing one another) and lift your chest as high as possible.



Now, keeping the arms straight, and thighs parallel, grab your feet again before raising your hips as high as you can prior to returning to the start position and repeat 5 – 10 reps





IRON CROSS



Technique

2 x 10 reps on each leg



Start by lying flat on your back reaching your hands as wide as possible with palms facing down.



Bring one leg up towards the ceiling as high as you can without bending the knee before allowing it to fall over the body towards the hand on the opposite side – aim to get the foot as close to the hand as possible.



Return to the start position and repeat 10 times on the same leg before doing the same with the other leg



WIDE KNEE HUG & ROCK



Technique

15 - 20 reps



Begin lying on your back with your feet off the floor and knees bent.



Hold each knee and keep them as wide as possible before pulling the knees to your chest, keeping them knees apart.

Relax and repeat 15 - 20 times



HIP BRIDGE W/ KNEE HUG



Technique

2x 5 reps each leg



Lying on your back, grab one knee with both hands and hug it into your chest whilst keeping other foot flat on the floor and bent at the knee



Continue to hug the knee into your chest whilst pushing with your other foot to raise both hips off the floor. Hold for 3 seconds and return to the start position, repeating 5 times on one leg before switching.