A
Repetitions:
1/1
Lie on your back with your knees bent. Breathe into your tummy and as you exhale pull gently up and in from below the belly button. Keep your breathing regular as you hold this muscle in. Hold in for 5 seconds, relax.

Comments:
**B**  
Repetitions:

1/2  
Lie on your back with knees bent.  
Pull in below the belly button as practised.

![Image](image1.png)

2/2  
Raise your right knee over your right hip. Hold this position.  
Return to start position.

![Image](image2.png)

Comments:
1/2
Lie on your back with knees bent.
Pull in below the belly button as practised.

2/2
Raise your right knee over right hip. Hold this position.
Raise your left knee over left hip. Hold this position.
Lower one leg at a time to the floor.

Comments:
D  Repetitions:

1/2
Lie on your back with knees bent.
Pull in below the belly button as practised.

2/2
Lift your hips up towards the ceiling, peeling your spine off the floor until you are resting on your shoulder blades in the bridge position.

Comments:
Repetitions:

1/2
Lie on your back with knees bent. Pull in below the belly button, as practised. Lift your hips up towards the ceiling, peeling your spine off the floor until you are resting on your shoulder blades in the bridge position.

2/2
Extend your right leg forward as shown above. Hold this position. Return your leg to the floor, holding the shoulder bridge. Repeat with the left leg.

Comments:
Repetitions:

1/3
Lie on your tummy, forehead resting on small folded towel.

2/3
Gently tighten your buttocks. Allowing your left leg to hover off the floor, reach the leg backwards and away from the body. Hold the position. Return to starting position. Repeat with the right leg.

3/3
Allowing your left arm and right leg to hover off the floor, reach them both away from the body. Hold the position. Return to starting position. Repeat with the right leg.

Comments:
4-Point kneeling start position.

2/3
Arch your spine upwards while letting your head relax between your arms.

3/3
Hollow your back, keep your neck long and elbows straight.

Comments:
1/2
4-Point kneeling start position.

2/2
Sit back onto your heels keeping your arms outstretched and your head and neck relaxed. Practise deep breathing in this position.

Comments:
1/2
4-Point kneeling start position.

2/2
Straighten your right leg out, away from your body. Hold position. Bend your knee and return to start position. Repeat to other side.

Comments:
J Repetitions:

1/2
Straighten your right leg out, away from your body. Hold position.

2/2
With right leg extended, lift your left arm to reach forward maintaining your spine and hip position. Hold position. Return to 4-Point kneeling. Repeat alternating the opposite arm and leg.

Comments:
K Repetitions:

1/2
Sitting still, holding a theraband as shown.

2/2
Raise your arms upwards and outwards against the resistance of the band, maintaining a sitting position. Feel your trunk muscles engage. Return to the starting position.

Comments: