

# Preventing Habitual Burnout

## Week 5

with thanks to Kirra Rankin, exercise physiologist

2 Sets / 10 Reps

### 1. Single-leg hip flexion in crook lying - short lever



Lie on your back with your knees bent and your feet flat on the floor.  
Tighten your abdominal muscles.  
Lift one leg, bringing your knee in towards your chest.  
Do not let your knee drift in and out whilst moving this leg.  
Slowly lower your leg back to the starting position and place your foot back on to the floor.  
Keep the movement controlled.

2 Sets / 10 Reps / 2 s hold

### 2. Active hip adduction in side lying



Lie on your side with the leg to be exercised lowest.  
Ensure your upper body is in a comfortable position.  
Bend your upper leg and place the foot on the floor in front of your lower knee.  
Keeping your body stable, raise your lower leg up off the floor.  
Ensure you keep the leg straight.  
Control the movement as you lower it back down and repeat.

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with Georgia Stynes  
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2 Sets / 10 Reps / 1 s hold



### 3. "Thread the needle" full rotation

Start on your hands and knees, with your hands under your shoulders and knees under your hips.

Take one hand off the floor and reach in and through between your other arm and your legs.

Allow your body and head to follow, moving your shoulder down towards the floor as your hand reaches through.

You should feel a stretch down your side, your shoulder blade and neck.

Hold this position, and then return to the starting position.

Reach your arm out to the other side, and then up towards the ceiling.

Follow the movement of your hand with your head, twisting in the other direction to look up towards the ceiling.

Hold this position, and then repeat the sequence.

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2 Sets / 0 Reps / 1 min duration

### 4. Rope-free skipping - alternate foot forwards

Stand up straight with a clear area around you.

Bounce lightly up and down on the balls of your feet.

Alternate one foot forwards, the other foot back.

Imagine you are skipping on the spot over a rope.

Continue this movement.

Ensure you land gently and spring back up from the balls of your feet.

There is no need to jump high in this exercise.



2 Sets / 0 Reps / 1 min duration

#### 4. Rope-free skipping - alternate foot forwards



Stand up straight with a clear area around you.

Bounce lightly up and down on the balls of your feet.

Alternate one foot forwards, the other foot back.

Imagine you are skipping on the spot over a rope.

Continue this movement.

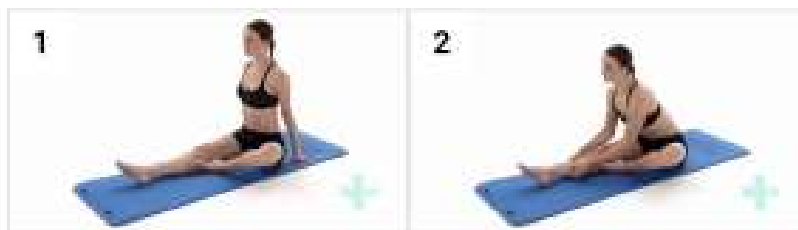
Ensure you land gently and spring back up from the balls of your feet.

There is no need to jump high in this exercise.

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2 Sets / 2 Reps / 30 s hold

#### 5. Seated hurdler stretch



Sit on a mat with your legs extended out in front of you.

Bend the good leg so that your foot touches the inside of your other knee.

Relax the knee out and bend forward, reaching towards the foot and dropping your chest towards your knee.

Keep your foot relaxed during the stretch.

You will feel this stretch through the back of the thigh of the extended leg.