

Preventing Habitual Burnout

Week 6

with thanks to Kirra Rankin, exercise physiologist

2 Sets / 10 Reps / 1 s hold



1. Core stability in crook with alternate elevated LL extension

Lie on your back with your legs bent and feet flat on the floor.

Ensure your feet and knees are hips width apart.

Tighten your abdominal and pelvic floor muscles, and then lift one leg just off the floor.

Slowly straighten your leg out ensuring it remains off the floor.

Ensure you keep your body and hips level throughout this movement.

Control the movement as you slowly bring your leg back up to the starting position.

Repeat this movement with the other leg.

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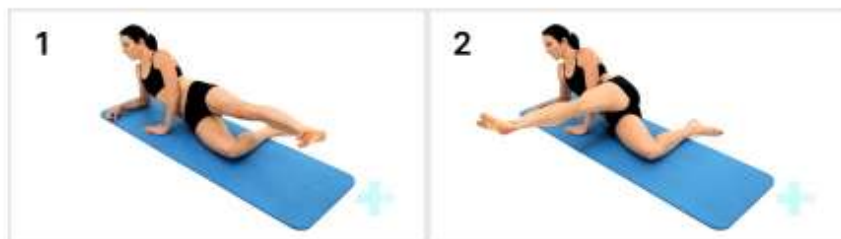
2 Sets / 10 Reps

2. Hip abduction side kick

Lie on your good side with your legs straight.

Keeping it straight, lift the top leg up, then move it forwards in front of you keeping it horizontal.

Control the movement back to the start position, and repeat.



2 Sets / 10 Reps / 1 s hold

3. 4 point kneeling, opposite arm and leg lift

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

Make sure your back is flat.

Gently squeeze your pelvic floor and stomach muscles.

Without moving your back, slowly lift one arm out in front, and the opposite leg out behind you.

Bring both the arm and leg back down.

Repeat with the other opposite pair.

Keep your back still throughout the movement.



2 Sets / 0 Reps / 1 min duration

4. Rope-free skipping - alternate foot sideways tap



Stand up straight with a clear area around you.

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

Spring from one foot to the other.

As you land on one leg, tap your other foot to the side.

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 / 10 Reps



5. Dynamic hip flexor and trunk rotation stretch "deep lunge"

Start in a plank position with your hands under your shoulders and your legs and body straight back behind you.

Step one leg forwards outside of your hands.

Sink your hips down towards the floor between both feet.

Lift your hand closest to your front foot up.

Reach it up towards the ceiling, turning your upper body and head with the movement.

Allow your head to follow the movement so that your gaze looks out to the side.

Return your hand to the floor, then step this leg back.

Repeat on the other side.