

Preventing Habitual Burnout

Week 1

with thanks to Kirra Rankin, exercise physiologist

2 Sets / 10 Reps / 1 s hold



1. Pelvic Floor with bilateral vertical arm lift in supine

Lie on your back.

Bend your knees and keep your feet flat on the floor.

Gently pull in your pelvic floor and bring your lower stomach muscles up and back in towards your spine.

Engage your deep neck muscles by nodding your head.

Keep your outer neck muscles relaxed.

Lift both arms up to point vertically towards the ceiling.

Maintaining the control of your pelvic floor and lower stomach muscles, lower one arm down above your head, then return to the start position.

Change arms and continue to breathe normally.

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2 Sets / 10 Reps / 1 s hold

2. Thoracic rotations in side lying (open book) - Version 2



Lie on your side with your arms outstretched on the floor in front of you.

Your lower leg should be straight and in line with the rest of your body.

Your upper leg should be bent in front of you with both the hip and knee at 90 degrees.

You may wish to rest your upper leg on pillows or a foam roller.

Take a deep breath in.

As you breathe out, lift your top arm up from the floor towards the ceiling.

Follow the movement with your head.

Continue to move this arm up and over to the floor on the other side.

Allow your upper body and head to follow the movement of this arm.

Take a deep breath at this endpoint.

As you breathe out, lift this arm back up from the floor, sweeping towards the ceiling and return it to lie on top of your other arm.

Again, follow this movement with your gaze, head, and upper body.

Take a deep breath in, and then repeat.

2 Sets / 10 Reps / 1 s hold

3. Cat and camel pose



Start on your hands and knees with your back in a neutral position.

Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.

Hold this position.

Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.

Hold this position, and then repeat.

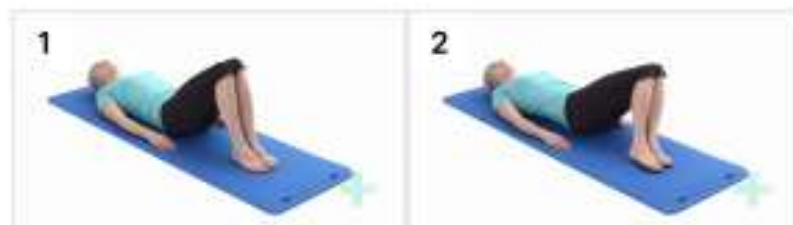
2 Sets / 10 Reps



4. Marching with toe taps - with step

Stand up straight facing a step with your feet hip width apart.
Lift one foot up, and tap your toes on the step.
Do not place any weight on this foot.
Ensure you stand tall on your stance leg whilst you do this.
Return your tapping leg to the floor, and repeat with your other leg.

2 Sets / 10 Reps / 30 s hold



5. Lumbar rolling stretch - knee rocks

Lie on your back with your knees bent and your feet flat on the floor.
Keeping your shoulders flat on the bed, roll both knees out to one side.
Hold this position.
You may feel the stretch in your hips, as well as your lower back.
Bring your knees back to the middle before repeating the same movement on the other side.