

Preventing Habitual Burnout

Week 2

with thanks to Kirra Rankin, exercise physiologist

2 Sets / 10 Reps / 1 s hold



1. Pelvic tilt in crook

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

Pull your belly-button towards your spine and clench your buttock muscles to roll the tail bone up off the floor.

The majority of the effort should come from your abdominal and buttock muscles. Relax and repeat.

2 Sets / 10 Reps / 1 s hold



2. Hip lateral rotation in side lying (clam)

Lie on your unaffected side with your knees bent, and your legs stacked on top of each other.

Keep your back and pelvis still and your feet together at all times.

Lift the top knee slowly up, making sure you do not roll your body backwards with the movement.

Control the movement as you lower the leg back down.

Repeat the movement.

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2 Sets / 10 Reps / 1 s hold



3. 4 point kneeling - UL raise

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

Keep your back straight and your hips in a neutral position.

Lift one arm up and keep your elbow straight.

Ensure your body and hips do not move throughout this movement.

Lower the arm and repeat.

2 Sets / 10 Reps



4. Alternate calf raise weight transfer

Start from a neutral standing position.

Bend both knees.

Raise onto your tiptoes on the right foot.

Then raise on to your tiptoes on your left foot and return your right foot to the ground.

Continue for three cycles.

Return to a neutral standing position.

2 Sets / 10 Reps / 1 s hold

5. Supine hamstring stretch

Lie on your back and bend your affected leg in towards you.

Interlace your fingers behind the thigh to firmly hold the leg as you straighten out your knee, feeling the stretch behind your thigh.

