

## Lounge Room Exercises for Burnout

Challenge: box breathing for one minute.

3 Sets / 10 Reps / 1 s hold

### 1. 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.

3 Sets / 10 Reps / 1 s hold

### 2. "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.

3 Sets / 10 Reps / 1 s hold

### 3. Bridge with pelvic tilt

Bridging strengthens your buttocks and your leg muscles.

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

Gently tilt your pelvis, as if you are imprinting your lower back into the floor.

Now, lift your hips up into the air, while still holding your pelvis level.

Hold in the bridge position before you then lower, keeping your tummy drawn in, and slowly lower your spine back down onto the floor one vertebrae at a time.

Keep your buttocks tight until your pelvis rests on the floor.

**4. Lying supine twist**

The lying twist helps with mobility of your trunk and your hips.

Lie on your back with both legs bent and your feet flat on the floor and your arms spread out to the sides.

Keeping your legs together, drop your knees down to one side whilst simultaneously turning your head away in the opposite direction.

Hold this position, before you bring your legs and head back to the starting position and repeat on the other side.

Increase the depth to which you lower your knees.

3 Sets / 10 Reps

**5. Heel slide in supine**

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

Slowly slide one leg down to lie straight on the floor.

Keep your core muscles activated whilst you slide the same leg back up to the starting position.

Do this slowly and make sure your knee continues to point straight up to the ceiling throughout the exercise.

Ensure you keep your trunk and pelvis still and do not allow your lower back to arch as you repeat this movement.

3 Sets / 10 Reps

**6. Hip extension in 4 point kneeling (toes on the floor) - movement control**

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

Find your neutral position with your spine and head.

Push the heels of your hands into the floor so that your shoulder blades flatten against your back.

Tighten your abdominal muscles to help stabilise your trunk as you slowly straighten one leg out behind you.

Keep your foot in contact with the floor throughout this movement.

Do not allow your hips to rotate with this movement.

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

Ensure your back and neck remain in the neutral position throughout, with your shoulder blades controlled.

3 Sets / 10 Reps

**7. Clam shells**

Lie on your side with your feet, ankles and knees together.

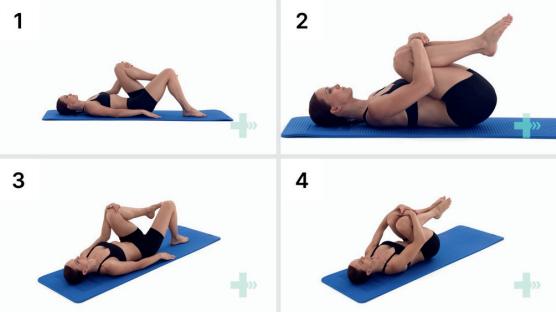
Bend the legs a little and tighten your core stability muscles.

Keeping the feet together, lift the top knee up.

Make sure you don't roll your body back with the movement.

Control the movement as you bring the knee back down to the starting position.





### 8. Supine knee hugs

Lie on your back.

Draw one foot up and then the other.

Bring one knee in towards your chest and then the other, using your hands for assistance to curl yourself in to a ball.