

Preventing Habitual Burnout Weekly Challenge Accountability Chart

“All poses are to breath, and edge of stretch”

with thanks to Kirra Rankin, exercise physiologist

	<u>WEEK 1:</u> Lumbar Rolling Pose – knee rocks. 30 sec hold	<u>WEEK 2:</u> Supine Hamstring Pose. 1 min hold	<u>WEEK 3:</u> Gluteus Pose. 1 min hold	<u>WEEK 4:</u> Piriformis Pose. 1min hold	<u>WEEK 5:</u> Seated Hurdler Pose. 1min hold.	<u>WEEK 6:</u> Deep Lunge Pose. 1min hold.
WEEK 1	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:
WEEK 2	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:
WEEK 3	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:
WEEK 4	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:
WEEK 5	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:
WEEK 6	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:	Left: Right:



**Mornings
Movers &
Shakers**



with Georgia Stynes
on 666AM and the ABC listen app

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.

