

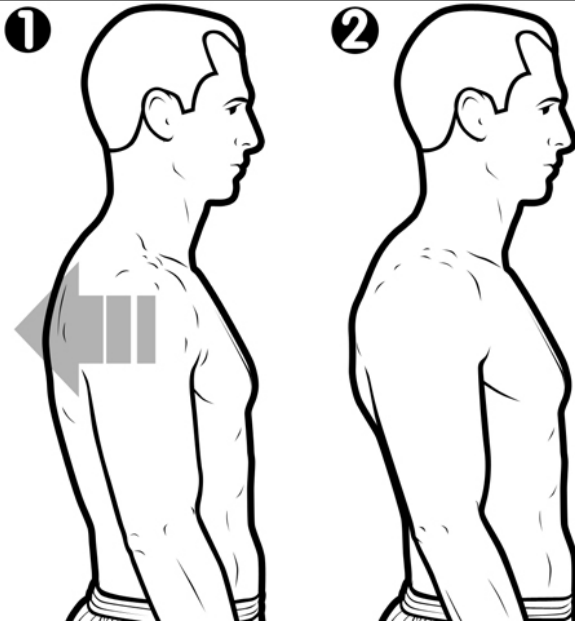


**SEATED ABDOMINAL CONTRACTIONS**  
While seated and sitting with good posture, contract your lower abdominals by pulling your belly button in towards your spine.

Hold this contraction while breathing normally for 15 seconds.

Repeat 3 times.

SETS & REPS: 3 x 15 second hold      FREQUENCY: Daily

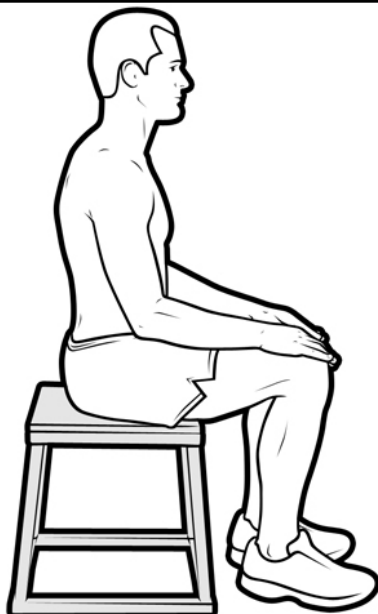


**SEATED SCAPULAR RETRACTION**  
While sitting with good posture, start with your shoulders relaxed in their normal posture (1).

Slowly and gently pull your shoulder blades together(2).

Hold this position for 15 seconds then slowly relax and repeat three times.

SETS & REPS: 3 x 15 second hold      FREQUENCY: Daily



**ISOMETRIC GLUTEAL CONTRACTION**  
Sitting on a comfortable chair with good posture, squeeze your gluteals together.

Hold for 15 seconds while maintaining normal breathing.

Rest briefly and repeat 3 times.

SETS & REPS: 3 x 15 second hold      FREQUENCY: Daily



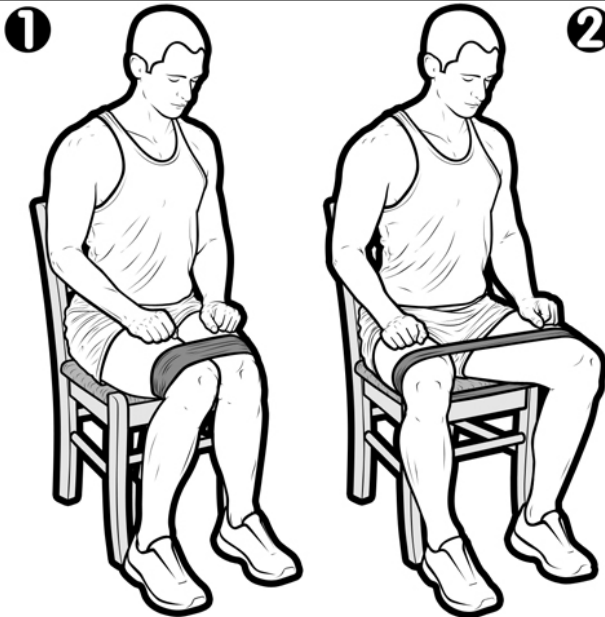
### ISOMETRIC SQUAT

Sit in a comfortable chair with your feet evenly spaced and your feet flat on the floor.

Pushing through your heels, contract your muscles as if you were about to stand up out of the chair. Remain seated throughout and ensure no movement occurs, just tense your muscles.

Hold the position for 5 seconds. Repeat 5 times.

SETS & REPS: 5 x 5 sec hold FREQUENCY: 3 x Week



### 2 SEATED HIP ABDUCTION

Sit on a comfortable chair with good posture and place your feet hip width apart and flat on the floor.

Loop the small resistance band around your thighs just above the knee (1). Without moving your feet, spread your knees apart against the band (2) then SLOWLY return to the start position.

Complete 2 sets of 10 repetitions.

SETS & REPS: 2 x 10 reps FREQUENCY: Daily



### ISOMETRIC HIP ADDUCTION

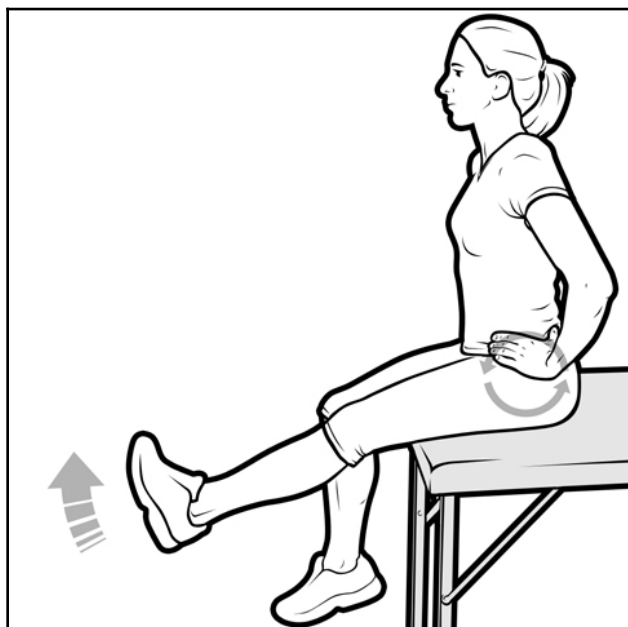
Sit with good posture on a chair with your feet flat on the ground.

Place a pillow/cushion/ball between your knees and press your knees firmly together against the pillow.

Hold for 20 seconds, rest briefly and repeat 3 times

SETS & REPS: 3 x 20 sec holds

FREQUENCY: Daily



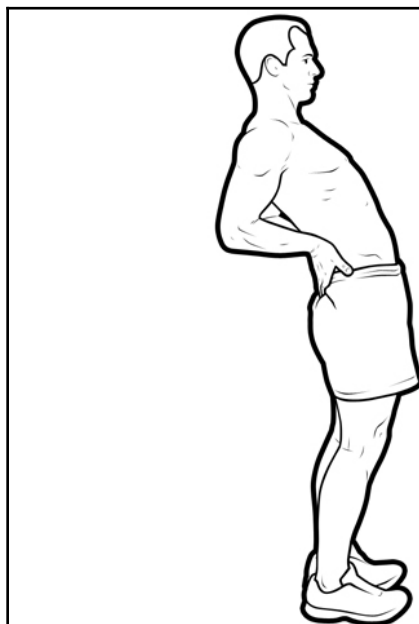
**SEATED HAMSTRING STRETCH**

Sitting with one leg extended with your back supported against a wall or a chair.

Gently lean forward until you feel a mild stretch in the back of your leg. Lean back before switching to the other leg.

Hold for 30 seconds on each leg.

**SETS & REPS:** 30 sec hold    **FREQUENCY:** Daily



**POSTURAL RESET**

Standing, place your hands on the back of your hips and push your hips forward 3 times.

Relax and repeat throughout the day especially after prolong periods of sitting or during long periods of standing.

**SETS & REPS:**

**FREQUENCY:** Several times daily