



you kneed to see a PT



Do set 1 of each exercise in A before resting and starting the second round of A. After 3 rounds move to B in the same format, then C. For single side exercise, rep count is **PER SIDE** e.g. 3 x 8 = 8 reps per leg

foam roll, stretch, + hip/core warm up encouraged

Circuit	Exercise	Reps	Notes
A	DB Deadlift	8 (slow)	Move slow, keep back flat with soft knees and push weight back into your heels/butt. Don't over reach down, and push through your feet to move the weight up
	Single Arm Glute Bridge Chest Press	12 each	Core tight, keep hips square
	Plank saws	15	Aim to stretch out your calves, keep body parallel to ground
	Rotational plank	:20 each way	Breathe and relax - similar to a pigeon stretch
<i>Minimal rest, 3 rounds</i>			
B	Single leg glute bridges	10 each	Toes up, press through heel. Can add weight on top of hip if you want
	Knee Supported Wide Elbow Row	10 each	Pull weight outwards as you pull up for more upper back
	Spicy Clamshells	10 each	Push through bottom knee to lift hips up
	Ukrainian twists	:30	Weight optional
<i>Minimal rest, 3 rounds</i>			
C	Alternating Shoulder Press	12	Ribs down/core tight
	Hollow Hold Nose Breakers	12	Back flat, legs can be up higher or bent if you can't keep back flat
	Bicep Curls	12	Palms up
	Weighted Leg Lowers	8 each	Don't let toes turn out, focus on range and keep back flat
<i>Minimal rest, 3 rounds</i>			