

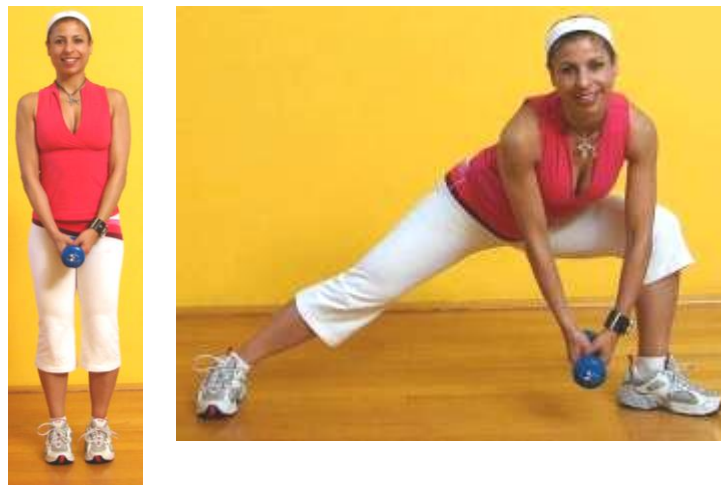
Side Lunges

Primary	Start with feet together, holding dumbbell in both hands Lunge to side while keeping torso upright
Progression 1	Add forward flexion of the torso to bring dumbbell towards the floor. Maintain neutral spinal alignment
Progression 2	Both arms at shoulder height, holding dumbbell in one hand. Lower dumbbell to the floor while keeping the other arm still
Progression 3	Start with one foot lifted off the floor. Complete the lunge by returning to the balance position.

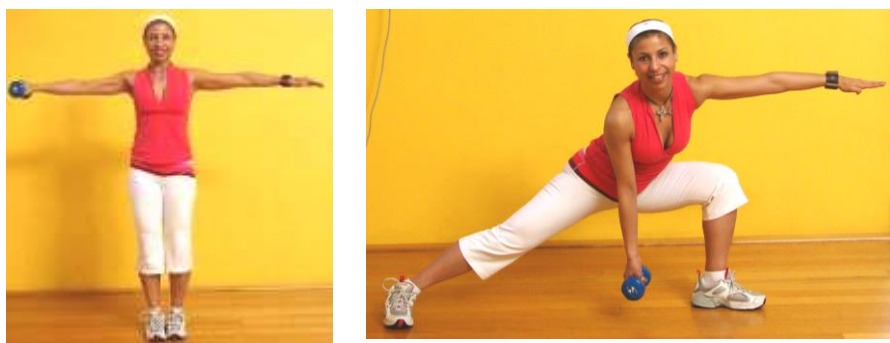
Primary



Progression 1



Progression 2



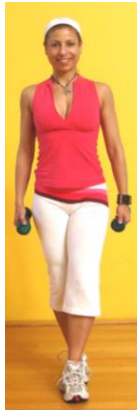
Progression 3



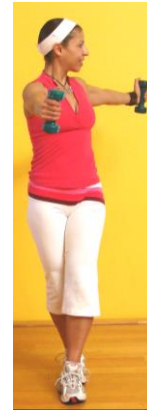
Lateral Raise with Rotation

Primary	Start with right heel directly in front of left foot, holding one dumbbell in each hand. Abduct arms to shoulder height with thumbs pointing to ceiling
Progression 1	Add a rotation to the right when arms are at shoulder height
Progression 2	As arms are abducting, step forward and lower the left knee into a lunge as the torso rotates
Progression 3	Start with one foot lifted off the floor. Complete the lunge by returning to the balance position.

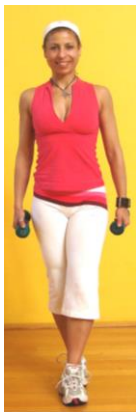
Primary



Progression 1



Progression 2



Progression 3



Backward Lunge With Figure Of 8

Primary	Alternating backward lunge with the arms holding one dumbbell performing a figure of 8 action (over the front knee)
Progression 1	Lunge backward with the left leg and perform a slower figure of 8 over the right knee. Bring feet together to complete the lunge action
Progression 2	Lift the left knee instead of stepping the feet together. Complete the figure of 8 over the left knee
Progression 3	Kick the left leg forward and complete the figure of the 8 over the left hip. Rotate torso to left as the leg kicks through

Primary



Progression 2



Progression 3



Reclined Abdominal Twist

Primary	Initiate the exercise with both feet on the floor and the torso slightly reclined. Rotate the body from side to side whilst holding a dumbbell
Progression 1	Bring the dumbbell to touch the floor as the torso twists from side to side
Progression 2	Lift both feet off the floor ensuring neutral spine is maintained
Progression 3	Extend leg forward as the body rotates to the same side

Primary



Progression 1



Progression 2



Progression 3



All Fours Balance

Primary	On all fours, lift one leg off the floor and extend behind the body
Progression 1	Touch knee with opposite hand, extend both arm and leg away from the body
Progression 2	Touch knee with opposite hand, extend both arm and leg and then abduct and adduct
Progression 3	Perform a push up as the body lowers to the floor
Progression 4	Lower down into the push up as the leg extends behind and stay in this position as the leg abduct and adducts

Primary



Progression 1



Progression 2



Progression 3



Progression 4



Side Plank Challenge

Primary	Lying on one side, lift body onto elbows and feet with head in neutral alignment
Progression 1	Hold dumbbell in hand directly above torso
Progression 2	Lower dumbbell to floor and lift above torso whilst keeping body still
Progression 3	Lift and lower hips as dumbbell moves up and down

Primary



Progression 1



Progression 2



Progression 3



Drag and Twist

Primary	On hands and toes, drag alternating toe along floor bringing knee to chest
Recovery	Push ups with hands on diagonal – alternate each recovery section
Progression 1	Drag in toe and swivel knee across body
Progression 2	Drag in toe and extend knee across body
Progression 3	Extend knee across body and kick the foot across – off the floor

Primary



Recovery



Progression 1



Progression 2



Progression 3



Tricep Lateral Raise

Primary	Lie on right side with right arm wrapped around torso and holding onto waist. Lift torso and extend elbow by pressing into the floor with left hand
Progression 1	Lift and hold left leg whilst torso is being lifted and lowered
Progression 2	Keep the head and body relaxed and just lift and lower left leg
Progression 3	Lift torso with the tricep extension and left leg at the same time

Primary



Progression 1



Progression 2



Progression 3

