

HOW TO: Find the “hot spot” by creating body weight pressure on the roller, sink your weight down into it or make small rolling movements on the “hot spot” (whichever your body can handle best) for 30-60sec each spot or until the tension feeling has released from a 7/10 to a 3-4/10.

## Glutes



Pop ball in your “back pocket” and find the hot spot by sinking your body weight onto the ball

## ITB



Apply body weight pressure on the roller and locate hot spots between the hip and knee

## Quad



Start in the hip & apply body weight pressure on the roller to locate hot spots between the hip and knee

## TFL



Pop ball into your “front pocket” and find the hot spot by sinking your body weight onto the ball



In half kneeling, engage your glutes, shift your body weight slightly forward while maintaining an upright torso to open up the hip



Set up with your front leg at 90degrees, hip over your heel. Rotate the hips away over the front leg to open thoracic

**WHEN TO INCLUDE:** For a pre-session warm up, run through 1 set of 15reps each exercise. For an at home workout increase the sets to 3-4 rounds.

## Single Leg Hip Bridge



Lying on your back, lightly draw your belly button towards the ground. Prop one foot up onto the heel, engaging the movement from your glutes and pushing through the heel of the bent leg, raise your hips to create a straight line from your knee, hip and shoulder. Avoid swinging up with momentum or driving the movement from your lower back.

## Dead Bug



Lying on your back, draw your belly button towards the ground. Slowly lower one leg towards the ground as you take back the opposite arm. Alternate arm and leg for a total of 20reps. Maintain your core control throughout and ensure your back does not arch to complete the movement.

## Clam



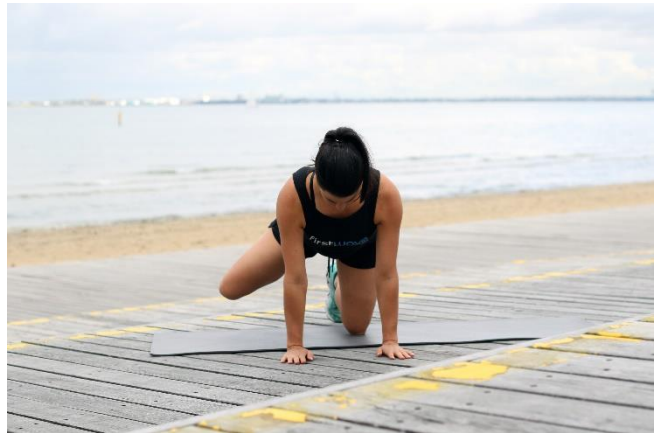
Lay on your side with knees bent, one on top of the other. Initiating the movement from the side of your glute on the top leg, open up against the band. You may find it useful to place your hand on the small of your back with a light pressure to ensure your body is not twisting or initiating the movement from here. Start with no resistance and progress to using a Theraband as pictured

## Donkey Kick



Set up on all fours, knees hip width apart, and lightly draw in your belly button. Keeping your knee at a right angle, raise your leg behind you until your thigh is parallel with the floor feeling the glute engage at the top end of the exercise. Be careful not to lose core control and sink into the back at the top of the movement.

## Hydrant



Set up on all fours, knees hip width apart and lightly draw in your belly button. Initiating the movement from your glute, raise the leg out to the side. Make sure to keep your pelvis neutral, with both hips pointing to the ground throughout and avoid any twisting movements through the body.

## Side Brace



Propping up on your side. Ensure your elbow sits well underneath your shoulder to avoid feeling a strain in this area. Place one foot on top of the other. Keeping your neck and shoulders relaxed, lift your hips off the ground, drawing your control through the core, keep your knees, hips and shoulder in line and hold for 30sec.