



Day Of Week	Exercise	Sets	Reps/Time	Rest	
Monday	3 Month with Lateral Bends	3	30s		
	Side Bridge Leg Abducted	3/side	15s	60s	Perform one set each side before resting
	Suitcase Holds	3	60s	2mins	
Tuesday	3 Month with Lateral Bends	3	30s		
	Side Bridge Repeated Leg Abduction	3/side	15s	60s	Perform one set each side before resting
	Suitcase Holds	3	60s	2mins	
Wednesday	3 Month with Lateral Bends	3	30s		
	Side Bridge Repeated Leg Abduction	3	15s/side	60s	Perform exercise on each side before resting
	Suitcase March	3	60s	2mins	
Thursday	3 Month with Lateral Bends	3	30s		
	Side Bridge Repeated Leg Abduction	3	15s/side	60s	
	Suitcase March	2/side	60s	2mins	Perform 2 sets on one side, followed by 2 sets on the other side
Friday	Band/Cable Side Bends	3/side	60s	2 mins	Perform 3 sets on one side, followed by 3 sets on the other side
	Suitcase Carry on treadmill	1	5mins/side		
Saturday	Band/Cable Side Bends	3/side	60s/side	2 mins	Perform 3 sets on one side, followed by 3 sets on the other side
	Suitcase Carry on treadmill	1	5min/side		