

Leg/Trunk Exercises

Banded Freestyle Kick

- Ensure core on
- Short fast movements
- No back pain
- Aim – sets of 30-40 sec.

Bridge with alternate leg movement / and alternate toe

- Set core and keep pelvis still
- Leg movement at a pace of 1 per second.
- Sets for 30 sec

Thoracic rotation

- 15 reps each side
- Small movement don't arch back