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## Exercise Plan For Girl's

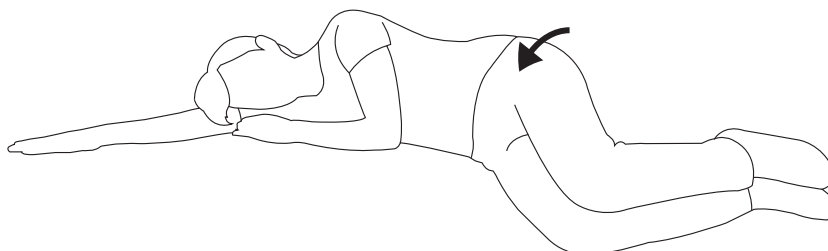
## Exercise Plan: For Girl's

### Exercise 1: The Oyster

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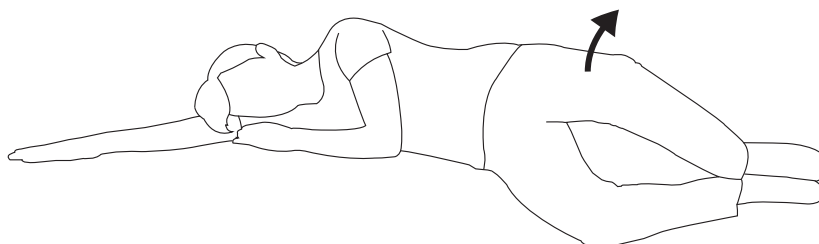
- Lie onto your side. Lay your head down onto an outstretched arm
- Bring your knees toward your chest by about 45 degrees and have your knees bent at the same angle

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- If you were looking from above your ankles, knees and hips would be directly on top of each other.
- Now roll the top side of your pelvis slightly forward toward the floor
- Keep your heels pressing together and use your bum muscles to lift the top knee toward the ceiling, twisting the leg outward slightly at the same time

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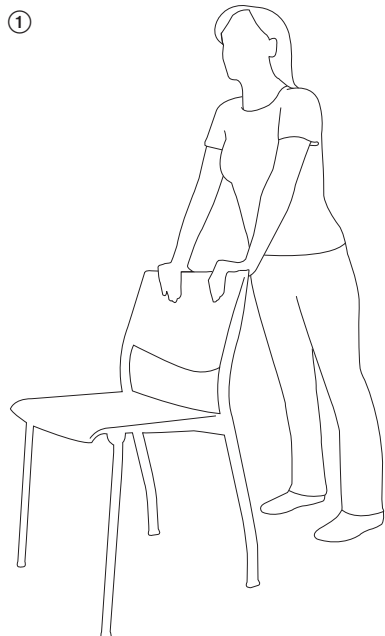


- When you get as far as you can without moving the pelvis AT ALL pause and hold it there for five seconds
- Now lower it very slowly by letting go of the muscle bit by bit
- The secret is doing it very slowly and not letting the pelvis roll backward as you lift
- Do up to ten on each side but don't do so many that you lose the quality

## Exercise Plan: For Girl's

### Exercise 2: The Standing Glute Raise using a chair

- Stand two feet away from the back of a chair with your feet at hip width

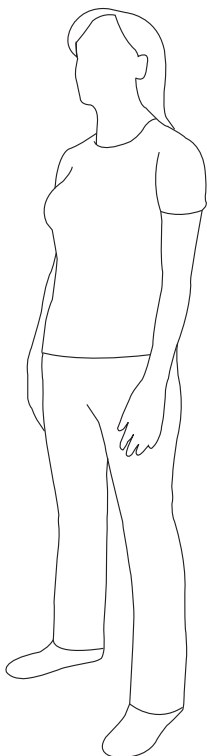


- Place your hands lightly onto the back of the chair
- Sit your bottom backwards by bending at the hip until your spine is at a 45 degree angle to the floor
- Be sure to keep your knees directly over your ankles and keep the natural curves in your spine
- With your body weight firmly in your heels, remove one leg from the floor keeping the rest of your body still
- Now bend that knee to 90 degrees and keep that angle as you draw the leg behind you and towards the ceiling.
- Stop moving it when your lower back starts to arch
- Hold it there for ten seconds and bring it back to the start position slowly.
- Do ten on each leg and repeat the whole thing twice



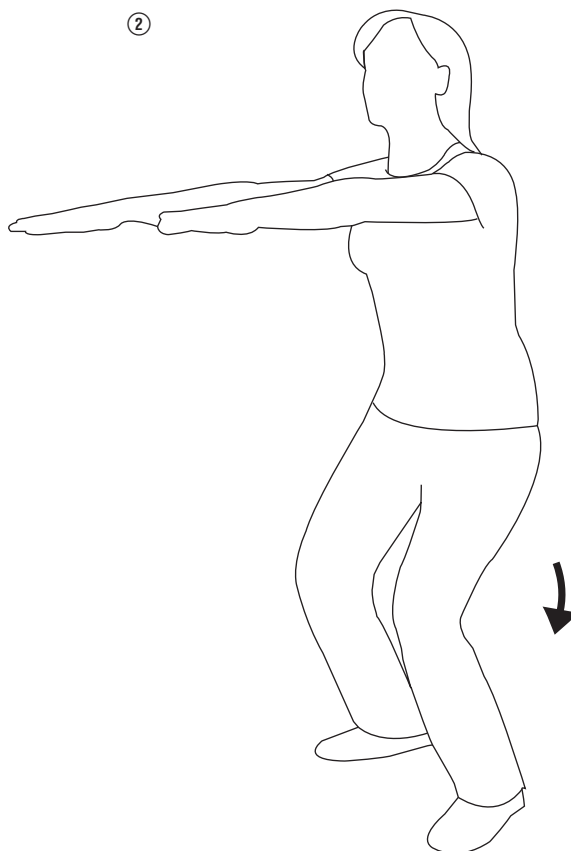
**Exercise Plan:** For Girl's**Exercise 3:** Standing wide knee squat

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- Stand with your feet at shoulder width and your hips turned out to approx 45 degrees
- First, bend at the hip, pushing your bottom backwards
- Then bend the knees
- Make sure that your feet and knees continue facing in the same direction
- Make sure that you retain your natural spinal curves
- Try to get a lot of your body weight into your heels

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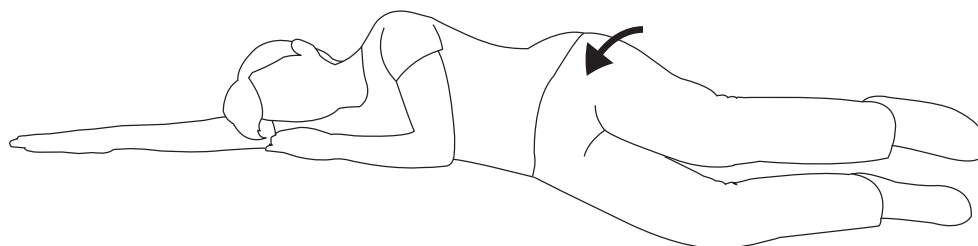


## Exercise Plan: For Girl's

### Exercise 4: The oyster intense

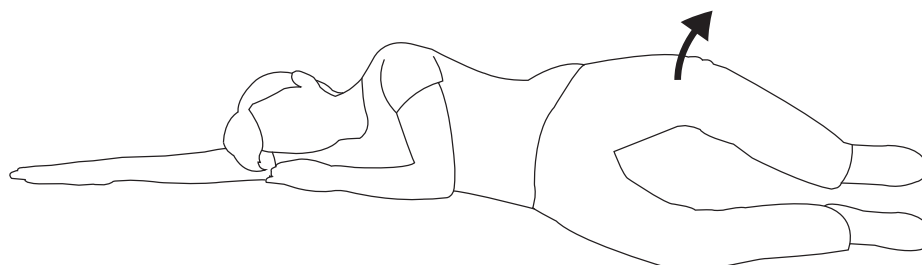
- Lie onto your side. Lay your head down onto an outstretched arm
- Bring your knees toward your chest by about 45 degrees and have your knees bent at the same angle

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- If you were looking from above your ankles, knees and hips would be directly on top of each other.
- Now roll the top side of your pelvis slightly forward toward the floor.
- Keep your heels and knees one inch apart at all times. Use your bum muscles to lift the top knee toward the ceiling, twisting the leg outward slightly at the same time

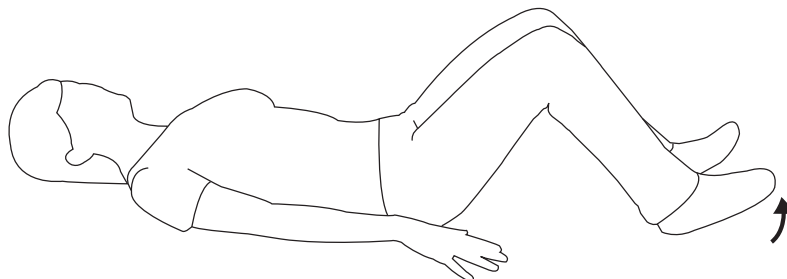
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- When you get as far as you can without moving the pelvis AT ALL pause and hold it there for five seconds
- Now lower it very slowly by letting go of the muscle bit by bit.
- Don't let the knees or feet come fully back together at any point during the ten repetitions
- The secret is doing it very slowly and not letting the pelvis roll backward as you lift
- Do up to ten on each side but don't do so many that you lose the quality

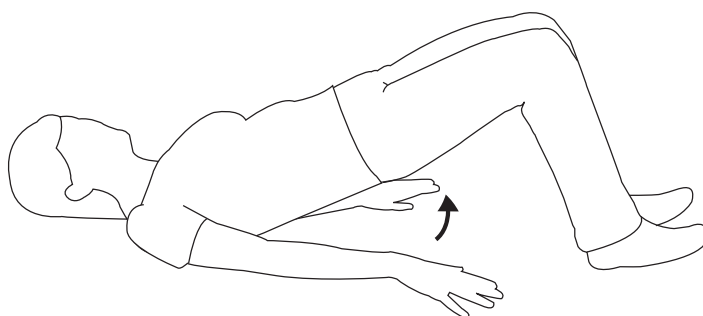
**Exercise 5:** The one legged bridge

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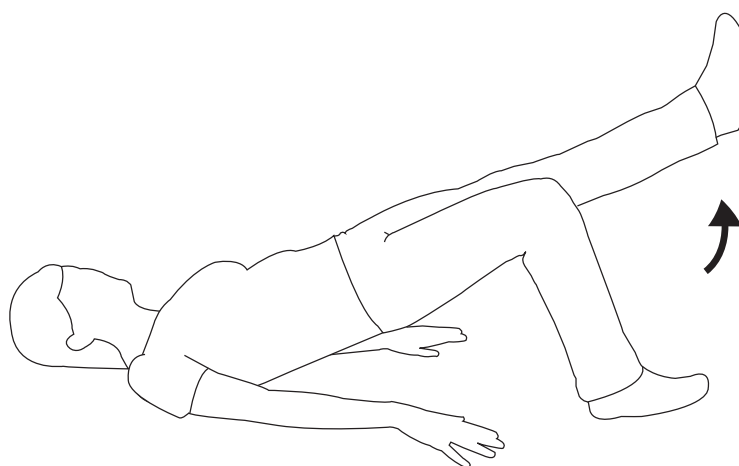
- Lie onto your back with your knees bent and your feet flat on the floor
- Now lift your toes off the floor so only the heels are in contact with the ground

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- Now lift your hips into the air and squeeze your bum as you do so

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- Now keep your body completely still as you straighten one leg at the knee so you are now holding your body up with just one leg
- Keeping your thighs at the same height the whole time, hold for the count of five before swapping legs
- Do 10 x 10 second holds on each leg

**Exercise 5:** The Clock Lunges

Imagine you are stood in the centre of a clock drawn on the floor.

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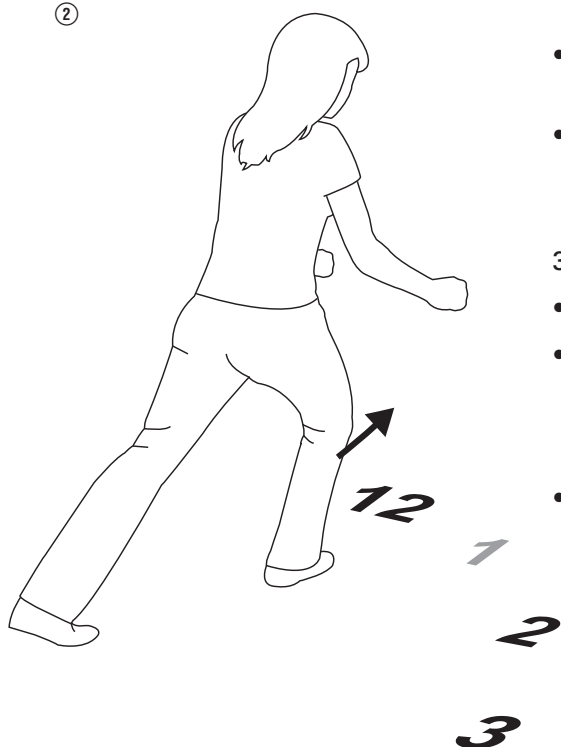
**1. Twelve o'clock**

- Lunge forward to twelve o'clock with your right leg and strike the ground with the heel of the foot.
- The pulse of energy that travels up through the heel, switches on the bum muscles.
- As the heel strikes the ground, let the knee and hip bend, and allow the chest to move toward the leg but don't allow the knee to move too far forward over your foot
- Now return to the start position in one quick change of direction.
- It is the quick change of direction that makes the bum muscles join in
- Be sure not to keep the spine too upright, the chest needs to move towards the front foot
- Do ten on the right leg, and then ten on the left

**2. Two and ten o'clock**

- Now lunge forward but this time along the two o'clock line.
- Your foot should still be pointing forward rather than along the two o'clock line
- Use the same technique as with twelve o'clock being sure to get a good heel strike and quick change of direction.
- Do ten on your right leg then do ten on your left leg, this time in the direction of ten o'clock.

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**3. Three o'clock and nine o'clock**

- Now lunge along the three o'clock line with your right foot.
- This time as soon as your heel strikes the ground, throw the bum way behind you and your hands way in front to counterbalance. This will protect your knee and make the bum muscles at the side join in.
- Repeat on the left leg in the direction of nine o'clock