


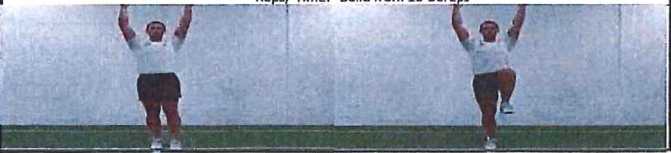
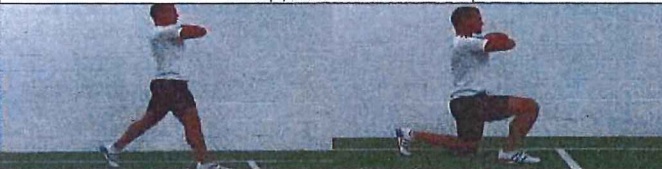
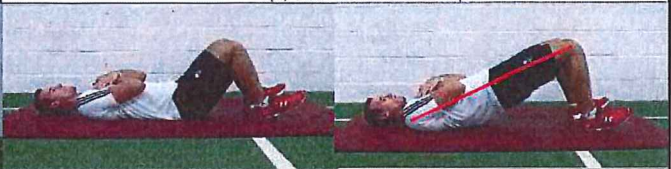

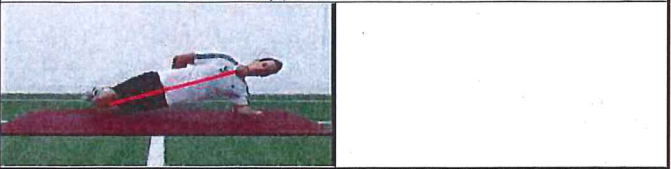

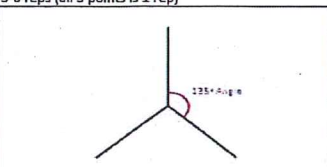



## ACC Robustness Session

<b>Exercise 1</b> <b>Glute Wall Holds</b> <b>Cue 1:</b> Posture - Reach head to ceiling stretching body upwards. <b>Cue 2:</b> Push wall away from you with knee (keeping hips facing forwards). <b>Cue 3:</b> Push out slightly with standing leg as if pushing carpet away from you. <b>Sets:</b> 2 <b>Reps/ Time:</b> Start with 20s build up to 1 min 	<b>Exercise 2</b> <b>Clams</b> <b>Cue 1:</b> Start with Shoulders, Hips & Ankles in straight line. <b>Cue 2:</b> Lift top knee slowly keeping ankles fixed together. <b>Cue 3:</b> Keep hand on hip/ lower back to avoid any additional movement. <b>Sets:</b> 2 <b>Reps/ Time:</b> Start with 20s build up to 1 min 
<b>Exercise 3</b> <b>Squat to Box</b> <b>Cue 1:</b> Sit back to a seat - hips before knees. <b>Cue 2:</b> "Show Your Badge" ensure mirror or partner can see what's on your shirt. <b>Cue 3:</b> "Separate the floor" push feet outwards gently. <b>Sets:</b> 2 <b>Reps/ Time:</b> Build from 10-25 reps 	<b>Exercise 4</b> <b>SL Balance with Hip Flexions</b> <b>Cue 1:</b> Reach up to ceiling stretching body tall. <b>Cue 2:</b> Keep hips level, slowly lift knee to parallel to floor and return without touching. <b>Cue 3:</b> Feel strong. <b>Sets:</b> 2 <b>Reps/ Time:</b> Build from 10-30 reps 
<b>Exercise 5</b> <b>Static Lunge</b> <b>Cue 1:</b> Sit down through the middle of your feet. <b>Cue 2:</b> Stand tall and strong. <b>Cue 3:</b> Drive the floor away from you with front leg to return. <b>Sets:</b> 2 <b>Reps/ Time:</b> Build from 10 to 20 reps. 	<b>Exercise 6</b> <b>Double Leg Glute Bridge</b> <b>Cue 1:</b> Squeeze glutes and lift hips from floor to level with shoulders and knees. <b>Cue 2:</b> Push down into floor with feet. <b>Cue 3:</b> Keep hips level and strong. <b>Sets:</b> 2 <b>Reps/ Time:</b> Build from 12-30 reps 
<b>Exercise 7</b> <b>Nordic Hamstrings</b> <b>Cue 1:</b> Stay tall throughout movement. <b>Cue 2:</b> Keep distance between top of hips and bottom of ribs the same. <b>Cue 3:</b> Lower to maximal range, falling to floor when can no longer control. <b>Sets:</b> 2 <b>Reps/ Time:</b> 4-10 reps 	<b>Exercise 8</b> <b>Side Planks from Knees</b> <b>Cue 1:</b> Push down into floor with elbow, lifting shoulders to ceiling. <b>Cue 2:</b> Keep head, shoulders, hips and knees in a straight line without rotating. <b>Cue 3:</b> Be as tall as possible. <b>Sets:</b> 2 <b>Reps/ Time:</b> 30s to 1 minute 
<b>Exercise 9</b> <b>Y-Balance</b> <b>Cue 1:</b> Reach out in each direction as far as possible. <b>Cue 2:</b> Bend at knee and hip to get as low as possible for each rep. <b>Cue 3:</b> Try not to put your foot down, gently touch floor at maximal reach. <b>Sets:</b> 2 <b>Reps/ Time:</b> 3-6 reps (all 3 points is 1 rep)  	<b>Exercise 10</b> <b>Front Plank from Knees</b> <b>Cue 1:</b> Push through floor with elbows, lifting shoulders. <b>Cue 2:</b> Keep hips in line with shoulders and knees, don't allow to sag. <b>Cue 3:</b> Be as tall as possible. <b>Sets:</b> 2 <b>Reps/ Time:</b> 30s to 1 minute 

NB. This session should be completed a minimum of 2 times a week and upto 4 times a week. It should be performed as a circuit with 2mins rest after all exercises have been completed once.