

WEEK FOUR

Education Topic: In-class revision of all topics covered

Homework

Continue with:

1. 10 Hip Hinges and Passovers 4-5 times a day
2. Apply the hinge and sit to stand pattern everywhere possible
3. Try to engage in an activity you have avoided e.g., packing the dishwasher, gardening
4. Work on challenging movements:
 - ❖ Wall Angels
 - ❖ Banded Walk
 - ❖ Balancing
 - ❖ Pull Aparts
 - ❖ Bent Over Rows
 - ❖ Scap Push-ups
 - ❖ Step-ups
 - ❖ Face Pulls
 - ❖ Calf Raises

Over the weekend:

Try to do a stability circuit

- Put a clock on for 8-10mins
- Choose three movements from the above list
- 10 reps of each and continue to cycle through until the time is done

Extra Activities:

1. What is the focus of this program?
2. Why do we do capacity building?
3. It is important to have a solid foundation of _____ before building capacity.