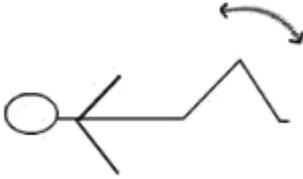
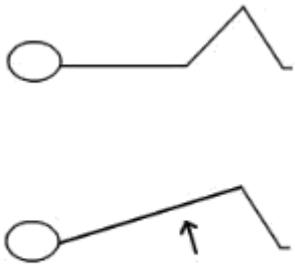
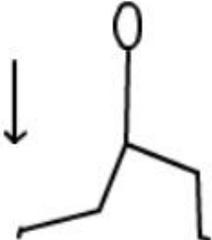
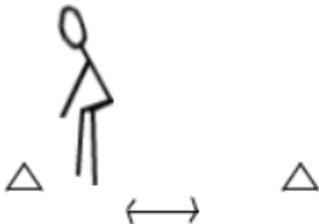


## Healesville Soccer Club – basic home program

Pilates Warm Up	
	<p><b>Knee Rolls</b> Roll knees side to side to get a stretching through your lower back. Let the hips roll as you go.</p> <p>x20 with your feet together x20 with your feet apart</p>
	<p><b>Chest lift</b> Start lying on your back with hands supporting your head and your elbows out wide.</p> <p>Slowly lift your head, neck and shoulders up off the mat then lower back down.</p> <p>x20-30</p>
	<p><b>Clams</b> Start lying on side, with your heels together and your feet lifted a few inches. Lift your top knee up and down. Aim to keep your pelvis still.</p> <p>Squeeze your glute as you lift</p> <p>x30-40 each side</p>
	<p><b>Hip Bridge</b> Lift hips up towards roof, then lower back down. Focus on squeezing your glutes as you lift</p> <p>x20-30</p>

## Healesville Soccer Club – basic home program

Strength Workout – complete 3 circuits	
<p>1. </p> <p>2. </p>	<p><b>Squats</b> Stand with feet shoulder width and the weight on your heels. Sit back with your hips into a squat then stand back tall</p> <p>x20-30</p>
	<p><b>Push ups</b> Hands shoulder width apart. Bring your hips forwards and hold.</p> <p>Lower down into a push-up</p> <p>x10-15</p>
	<p><b>Lunges</b> Take a big step forwards and bend your knees down into a lunge. Stand back up and bring your feet together, then swap sides.</p> <p>x30-40</p>
	<p><b>Side shuffle</b> Place two markers about 3 metres apart. Bend down and touch one then side step to the other one.</p> <p>x30 in each direction</p>

**Disclaimer:** If you are unsure if these exercises are suitable for you and your needs please first consult your doctor or book an appointment with one of the Exercise Physiologists here at Better Exercise Physiology for a tailored exercise program.