

Stay at Home Fitness – Week 3

<p>Supine Couch Press 3X15 seconds</p> <p><i>Lower back stays on ground</i></p> <p><i>Shoulders stay low and protracted (forwards)</i></p> <p><i>Hands press against couch</i></p>		
<p>Couch Back Fly Holds 3X15 seconds</p> <p><i>Shoulders stay low (depressed) and retracted</i></p> <p><i>Hands press against couch</i></p>		
<p>Couch Deadlift Hold 3X10 seconds</p> <p><i>Couch (or equivalent) is placed against wall</i></p> <p><i>Hips low, chest tall</i> <i>Back stays straight</i></p> <p><i>Engage the back, gluteus and leg muscles</i></p>		
<p>Hollow Hold 2X30 seconds</p> <p><i>Knees and arms stay straight, low as possible while keeping lower back on the ground</i></p>		

Squat Holds
3 x 15 seconds

*Hips back, chest high, back
straight*

*Back, core and gluteus
muscles engaged*

