

Flex Physiotherapy Elite Allied Healthcare
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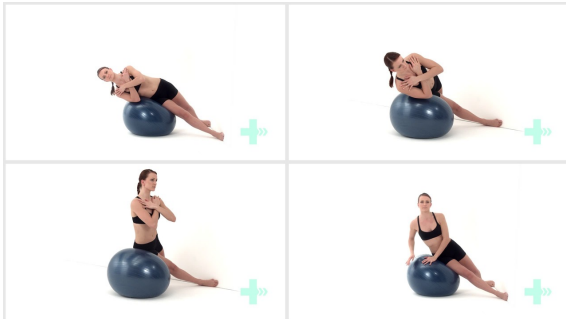
3 Sets / 10 Reps / 5kg weight



1. Cable machine tricep kickback

Ensure the pulley is at its lowest point.
Stand facing the cable machine and maintain your balance.
Hold onto the machine for support with your free hand.
Drop into a half squat, keeping your back straight and your head up and bring your elbow to the side of your body.
Maintain a good posture and extend your arm to the rear of your body until it is locked.
Pause for a second before you allow the weight to return to the start position.

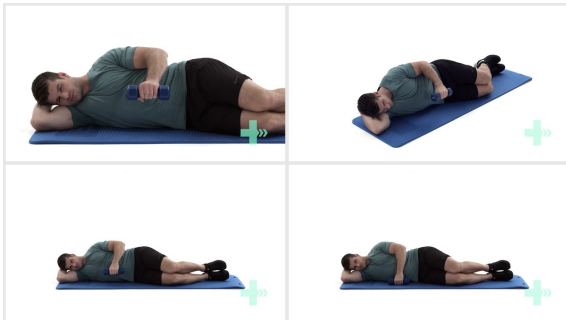
3 Sets / 10 Reps



2. Abdominal obliques on stability ball [25010]

Lie sideways with the ball underneath your waist.
Your feet should be at floor level, up against a wall with one foot in front of the other.
Place your arms across your chest and hold your body in a straight line so that it is diagonal to the floor.
Lift your upper body down towards the ball by bending in a sideways motion.
Lift all the way up, and then control the movement back down, repeating the exercise.

3 Sets / 10 Reps / 2kg weight



3. External rotation in side-lying position with dumbbell

Start in a side-lying position on your non-affected side.
Hold a weight in the hand of your affected side, with your elbow flexed at 90 degrees.
Rotate your arm outwards, holding your elbow on your side.
Slowly move back to the starting position and repeat.