**Title**: Neuromuscular Exercise Program ALIGN

This document provides details of the exercises used the ALIGN neuromuscular exercise program.



Neuromuscular Exercise Program

**ALIGN**

|  |
| --- |
| **A**bs**A**LIGN |

|  |
| --- |
| Each training session start with this exercise **Starting position:*** Lying on your back bend your knees to about 90 degrees on the slosh ball and hold a cloth or towel between your knees
* Tighten your stomach and bottom
* Feel your stomach muscles tighten by placing your hand on your stomach
* Place your hands beside your head or across your chest

**Exercise:*** Contract your stomach muscles and sit-up so that your shoulder blades are off the floor. Remember to hold the cloth
* Exhale on the way-up and inhale as you relax towards to floor
* Start with 2 sets of 12 repetitions
 |

|  |
| --- |
|  |

Bridge: Level 1

ALIGN

|  |
| --- |
| **Starting position:*** Lying on your back with both feet on the slosh ball, place the cloth or towel between your knees
* Tighten your stomach and bottom
* Feel your stomach muscles tighten by placing your hand on your stomach
* Stretch out your arms to help you to balance or to increase difficulty, place your arms across your chest

**Exercise:*** Raise and lower your pelvis in a controlled manner. Remember to hold the cloth
* Start with 2 sets of 12 repetitions
* Ensure good control
 |



Bridge: Level 2

ALIGN

|  |
| --- |
| **Starting position:*** Lying on your back with both feet on the slosh ball, place the cloth or towel between your knees
* Tighten your stomach and bottom
* Feel your stomach muscles tighten by placing your hand on your stomach
* Stretch out your arms to help you to balance or to increase difficulty, place your arms across your chest

**Exercise:*** Raise your pelvis and hold this position for 20 seconds and lower your pelvis in a controlled manner. Remember to hold the cloth
* Start with 2 sets **holding** the elevated bridge position for 20 seconds
* Ensure good control
 |



Bridge: Level 3

ALIGN

|  |
| --- |
| **Starting position:*** Lying on your back with both feet on the slosh ball, place the cloth or towel between your knees
* Tighten your stomach and bottom
* Feel your stomach muscles tighten by placing your hand on your stomach
* Stretch out your arms to help you to balance or to increase difficulty, place your arms across your chest

**Exercise:*** Raise your pelvis and once you have control, straighten and bend your knees to bring the ball towards your bottom. Remember to hold the cloth
* Start with 2 sets of 12 repetitions
* Ensure good control
 |





Bridge: Level 4

ALIGN

|  |
| --- |
| **Starting position:*** Lying on your back with one leg on the slosh ball and the other leg lifted
* Bridge Level 1(b)Tighten your stomach and bottom
* Feel your stomach muscles tighten by placing your hand on your stomach
* Stretch out your arms to help you to balance or to increase difficulty, place arms across your chest

**Exercise:*** Bridge Level 3(a)Raise your pelvis and hold this position for 20 seconds and lower your pelvis in a controlled manner.
* Start with 2 sets **holding** the elevated position for 20 seconds
* Perform the exercise alternately on both legs ie. right and left leg
* Ensure good control
 |

Bridge: Level 5

ALIGN

|  |
| --- |
| **Starting position:*** Lying on your back with one leg on the slosh ball and the other leg lifted
* Tighten your stomach and bottom
* Feel your stomach muscles tighten by placing your hand on your stomach
* Stretch out your arms to help you to balance or to increase difficulty, place arms across your chest.

**Exercise:*** Raise your pelvis and once you have control, straighten and bend your knee to bring the ball towards your bottom.
* Perform the exercise alternately on both legs ie. right and left leg
* Ensure good control
 |





**L**unge: Level 1

A**L**IGN

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart
* Use your arms for balance

**Exercise:*** Take a step forward and land in a controlled smooth manner
* Lower your body straight down so that your back knee nearly touches the floor
* Keep your front heel on the floor
* Do not allow your front knee to travel past your toes
* Push off the front leg and return to standing upright
* Start with 2 sets of 12 repetitions
* Perform the exercise alternately on both legs ie. right and left leg
* Ensure good alignment
 |

**L**unge: Level 2

A**L**IGN

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart
* Hold the slosh ball in front of the chest

**Exercise:*** Take a step forward and land in a controlled smooth manner
* Lower your body straight down so that your back knee nearly touches the floor
* Keep your front heel on the floor
* Do not allow your front knee to travel past your toes
* Push off the front leg and return to standing upright
* Start with 2 sets of 12 repetitions
* Perform the exercise alternately on both legs ie. right and left leg
* Ensure good alignment
 |



**L**unge: Level 3

A**L**IGN

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart
* Use your arms for balance

**Exercise:*** Take a step forward onto the foam and land in a controlled smooth manner
* Lower your body straight down so that your back knee nearly touches the floor
* Keep your front heel on the floor
* Do not allow your front knee to travel past your toes
* Push off the front leg and return to standing upright
* Start with 2 sets of 12 repetitions
* Perform the exercise alternately on both legs ie. right and left leg
* Ensure good alignment
 |



**L**unge: Level 4

A**L**IGN

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart
* Hold the slosh ball in front of chest

**Exercise:*** Take a step forward onto the foam and land in a controlled smooth manner
* Lower your body straight down so that your back knee nearly touches the floor
* Keep your front heel on the floor
* Do not allow your front knee to travel past your toes
* Push off the front leg and return to standing upright
* Start with 2 sets of 12 repetitions
* Perform the exercise alternately on both legs ie. right and left leg
* Ensure good alignment
 |

**I**ncomplete circle: Level 1

AL**I**GN

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart, then place your weight through one (standing) leg
* Slightly bend your standing leg
* Use your arms for balance

**Exercise:*** Place a cloth or plastic bag underneath the circling leg (non-weight bearing leg).
* Using this leg, make clockwise and anti-clockwise incomplete circles
* Perform the exercise alternately on both legs ie. right and left leg
* Start with 2 sets of 12 repetitions
* Ensure good alignment and pelvis control
 |

**I**ncomplete circle: Level 2

Circling Leg

Circling Leg

AL**I**GN

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart, then place your weight through one (standing) leg
* Slightly bend your standing leg
* Hold the slosh ball in front of chest

**Exercise:*** Place a cloth or plastic bag underneath the circling leg (non-weight bearing leg).
* Using this leg, make clockwise and anti-clockwise incomplete circles
* Perform the exercise alternately on both legs ie. right and left leg
* Start with 2 sets of 12 repetitions
* Ensure good alignment and pelvis control
 |

**I**ncomplete circle: Level 3

Circling Leg

AL**I**GN

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart
* With the foam underneath, place your weight through one leg
* Slightly bend your standing leg
* Use your arms for balance

**Exercise:*** Place a cloth or plastic bag underneath the circling leg (non-weight bearing leg).
* Using this leg, make clockwise and anti-clockwise incomplete circles
* Perform the exercise alternately on both legs ie. right and left leg
* Start with 2 sets of 12 repetitions
* Ensure good alignment and pelvis control
 |

**I**ncomplete circle: Level 4

Circling Leg

AL**I**GN

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart,
* With the foam underneath, place your weight through one leg
* Slightly bend your standing leg
* Hold the slosh ball in front of chest

**Exercise:*** Place a cloth or plastic bag underneath the circling leg (non-weight bearing leg).
* Using this leg, make clockwise and anti-clockwise incomplete circles
* Perform the exercise alternately on both legs ie. right and left leg
* Start with 2 sets of 12 repetitions
* Ensure good alignment and pelvis control
 |

**G**et tapping: Level 1

Circling Leg

ALI**G**N

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart, in the centre of the steps and then place your weight through one (standing) leg
* Slightly bend your standing leg
* Keep your heel of the standing leg on the step
* Use your arms for balance

**Exercise:*** Bend and straighten the knee of the standing leg until you can toe-tap the ground with your opposite leg behind the step
* Perform the exercise alternately on both legs ie. right and left leg
* Start with 2 sets of 12 repetitions
* Ensure good alignment and pelvis control
 |



**G**et tapping: Level 2

ALI**G**N

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart, in the centre of the steps and then place your weight through one (standing) leg
* Slightly bend your standing leg
* Keep your heel of the standing leg on the step
* Use your arms for balance

**Exercise:*** Bend and straighten the knee of the standing leg until you can toe-tap the ground with your opposite leg in front and behind the step.
* Perform the exercise alternately on both legs ie. right and left leg
* Start with 2 sets of 12 repetitions
* Ensure good alignment and pelvis control
 |



**G**et tapping: Level 3

ALI**G**N

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart, in the centre of the steps and then place your weight through one leg
* Slightly bend your standing leg
* Keep your heel of the standing leg on the step
* Hold the slosh ball in front of chest

**Exercise:*** Bend and straighten the knee of the standing leg until you can toe-tap the ground with your opposite leg in front and behind the step.
* Perform the exercise alternately on both legs ie. right and left leg
* Start with 2 sets of 12 repetitions
* Ensure good alignment and pelvis control
 |

**G**et tapping: Level 4

ALI**G**N

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart, in the centre of the steps and then place your weight through one (standing) leg
* Slightly bend your standing leg
* Keep your heel of the standing leg on the step
* Use your arms for balance

**Exercise:*** While standing on foam, bend and straighten the knee of the standing leg until you can toe-tap the ground with your opposite leg in front and behind the step
* Perform the exercise alternately on both legs ie. right and left leg
* Start with 2 sets of 12 repetitions
* Ensure good alignment and pelvis control
 |

 **G**et tapping: Level 5

ALI**G**N

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart, in the centre of the steps and then place your weight through one (standing) leg
* Slightly bend your standing leg
* Keep your heel of the standing leg on the step
* Hold the slosh ball in front of chest

**Exercise:*** Bend and straighten the knee of the standing leg until you can toe-tap the ground with your opposite leg in front and behind the step
* Perform the exercise alternately on both legs ie. right and left leg
* Start with 2 sets of 12 repetitions
* Ensure good alignment and pelvis control
 |

k**N**ee bends: Level 1

ALIG**N**

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart, in front of a chair
* Keep your heels on the ground
* Use your arms for balance

**Exercise:*** Bend your knees until your bottom nearly touches the chair, without actually sitting down on the chair
* Rise up to an upright standing position
* Start with 2 sets of 12 repetitions
* Ensure good alignment
 |

 k**N**ee bends: Level 2

ALIG**N**

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart, in front of a chair
* Keep your heels on the ground
* Hold the slosh ball in front of chest

**Exercise:*** Bend your knees until your bottom nearly touches the chair, without actually sitting down on the chair
* Rise up to an upright standing position
* Start with 2 sets of 12 repetitions
* Ensure good alignment
 |

k**N**ee bends: Level 3

ALIG**N**

|  |
| --- |
| **Starting position:*** Place a loop of thera-band around your knees and stand with feet hip width apart, in front of a chair
* Keep your heels on the ground
* Use your arms for balance

**Exercise:*** Bend your knees until your bottom nearly touches the chair, without actually sitting down on the chair
* Rise up to your upright starting position
* Start with 2 sets of 12 repetitions
* Ensure good alignment (you will need to press your knees outwards to do so)
 |

k**N**ee bends: Level 4

ALIG**N**

|  |
| --- |
| **Starting position:*** Stand with feet hip width apart, in front of a chair. Raise one leg, placing your weight through one standing leg
* Keep your heel of the standing leg on the ground
* Use your arms for balance

**Exercise:*** Bend your knee until your bottom nearly touches the chair, without actually sitting down on the chair
* Rise up to your upright starting position
* Perform the exercise alternately on both legs ie. right and left leg
* Start with 2 sets of 12 repetitions
* Ensure good alignment and pelvis control
 |

k**N**ee bends: Level 5

ALIG**N**

|  |
| --- |
| **Starting position:*** Place the foam underneath one leg and stand feet hip width apart, in front of a chair
* Place your weight through the one leg standing on the foam and raise the other leg
* Keep your heel of the standing leg on the ground
* Use your arms for balance

**Exercise:*** Bend your knee until your bottom nearly touches the chair, without actually sitting down on the chair
* Rise up to your upright starting position
* Perform the exercise alternately on both legs ie. right and left leg
* Start with 2 sets of 12 repetitions
* Ensure good alignment and pelvis control
 |

k**N**ee bends: Level 6

ALIG**N**

|  |
| --- |
| **Starting position:*** Place the foam underneath one leg and stand feet hip width apart, in front of a chair
* Place your weight through the one leg standing on the foam and raise the other leg
* Keep your heel of the standing leg on the ground
* Hold the slosh ball in front of your chest

**Exercise:*** Bend your knee until your bottom nearly touches the chair, without actually sitting down on the chair
* Rise up to your upright starting position
* Perform the exercise alternately on both legs ie. right and left leg
* Start with 2 sets of 12 repetitions
* Ensure good alignment and pelvis control
 |

