

# Laying The Foundations



SCOTTISH  
SQUASH

## Developing Core & Glute Strength.

15-30  
seconds  
rest  
between  
exercises

Complete  
in order  
with 1 min  
rest  
between  
sets

Complete  
2-4 full  
sets of the  
exercises

### Deadbug

- \* 10 and progress up to 20, eventually.
- \* Keep back flat on the ground
- \* Slow, controlled and coordinated movements of the legs.

### Single leg bridge raises

- \* Start with 8 and progress up to 20 each leg over the weeks doing it.
- \* Activate glutes to reduce back strain.
- \* Keep hips level so they're not dropping.

### Half side plank leg raised

- \* 30 seconds each side progress up to 1 minute over the weeks doing it.
- \* Activate the glutes to keep the hips up.
- \* Keep the top leg slightly behind the hips without the hips rolling back.

### Plank

- \* 30 seconds each side progress up to 1 minute over the weeks doing it.
- \* Activate glutes and core.
- \* Keep a straight back.
- \* Hips are level with the shoulders.
- \* Elbows under the shoulders.

### Side lying leg raises

- \* Start with 8 and build up to 20 over the weeks doing it.
- \* Straight leg slightly behind the hips.
- \* If you don't feel this in your glute make sure your hip is not rolling back.

### Glute Bridge

- \* Start with 30 seconds build up to 1 minute over the weeks doing it.
- \* Activate the glutes to lift the hips.
- \* Keep arms below shoulders, on the ground or across the chest.

### Clams

- \* Start with 8 and progress up to 20 each leg over the weeks doing it.
- \* Keep feet together and control lifting the knee without rolling the hip back.
- \* If you don't feel it in the glute make sure you check the hip position.

SCAN HERE FOR  
THE VIDEO

