

GET 15% OFF YOUR NEW YEAR'S RESOLUTION* see pg. 9

W O M E N ' S fitness & HEALTH

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Fight back-related injury with the duraDisc workout.

THE LOWDOWN

The duraDisc™ exercises focus on developing the muscles that promote spinal stability - a key component of spinal health focussing on the muscles that keep the spine stable. Recent scientific research from Queensland University in Australia has identified spinal stability in the prevention and recovery of back related pain and injury. Available from AOK Health (02) 4963 9555 or www.aokhealth.com.au



▲ Standing base ▲ exercise position

Purpose of exercise: Develop postural awareness and strength in a standing position.

Instruction: Stand in centre of disc. Gently distribute weight between legs, first bending the left knee slightly (weight on straight right leg) and then move back to centre position and swap legs.



◀◀◀ Hip lxtension – single leg

Purpose of exercise: Strengthen back of thigh (hamstring) and gluteal muscles. Activate muscles that control lower spine and pelvis.

Instructions: From Supine Feet on duraDisc™ position, raise one foot off ball. Return to base position and repeat alternating legs.



<<< Single leg lift

For an experienced user, try adding a balance plate to your routine

Purpose of exercise: To improve balance and strengthen the legs and also to activate muscles and improve stabilisation of the spine.

Instruction: Stand in middle of disc, flex one knee, while maintaining balance with other foot.

• *For more variety, try adding a balance plate to your routine.*



<<< Lunge & squat

Purpose of exercise: To develop lunge technique while increasing lumbo-pelvic stabilisation.

Instruction:

- 1) Position first foot in centre of duraDisc™ and place other foot about 1 metre back.
- 2) Slowly move your back knee down towards the ground (make sure your front knee stays over your front foot).
- 3) Rise up and repeat.

• *For more variety try using a balance plate with your duraDisc™.*

Supine sit up >>>

Purpose of exercise: To strengthen abdominal muscles and hip extensors coordinate spinal stabilisers.

Instruction: From Supine Feet on Ball position, lower hips to floor and return to base position.

