



**KITA SUGG**  
Exercise Physiology

## Movement Advent Calendar

Simple, feel-good exercise that helps you body feel steadier, stronger, and more supported

### DAY 1 – Quadruped Rock Back

**Targets:** Hips, core, shoulders, and gentle spine mobility.

**Benefits:** Eases hip stiffness while keeping your back supported.

**How to perform:** On hands and knees, gently sit your hips back toward your heels while keeping your spine long. Move slowly back and forward.

### Day 2 – Plank

**Targets:** Core, shoulders, glutes.

**Benefits:** Builds strong, steady support through your whole middle for easier movement in daily life.

**How to perform:** Place hands beneath shoulders. Squeeze your glutes and keep your body in one long line.

**Level up:** Perform on your elbows for more of a challenge.

### Day 3 – Glute Bridge

**Targets:** Glutes, hamstrings, and lower core.

**Benefits:** Supports your lower back, improves hip strength, and helps with walking and lifting.

**How to perform:** Lie on your back, feet hip-width apart. Squeeze your glutes and lift your hips. Lower with control.

**Level up:** Try performing with a single leg, watch your hips don't rotate.

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## Day 4– Bird-Dog

**Targets:** Core, glutes, back, and shoulder stabilisers.

**Benefits:** Builds whole-body balance and coordination while keeping your spine supported.

**How to perform:** On hands and knees, reach opposite arm and leg long. Keep your spine still. Imagine balancing a glass of water on your back.

## Day 5– Prone Lying Swimming

**Targets:** Back muscles, glutes, shoulders, and spine control.

**Benefits:** Builds gentle strength along the backside of your body, improves posture, and supports your lower back.

**How to perform:** On your stomach, lift opposite arm and leg gently. Swap sides with control. Keep your hips level and neck long.

## Day 6– Serratus Wall Push-Up (Plus)

**Targets:** Serratus anterior (the muscle that keeps your shoulder blade stable), upper back, core.

**Benefits:** Supports healthy shoulder movement and reduces pinching or tightness.

**How to perform:** Place hands on the wall, push gently and then reach through the shoulder blades at the top. Feel the space between your shoulder blades widen.

**Level up:** Move from performing against the wall to, on a high bench, lower bench and then floor.

## Day 7– Quadruped Glute Kickback

**Targets:** Glutes and core control.

**Benefits:** Helps with walking power, climbing, and reducing lower-back strain.

**How to perform:** On hands and knees, lift one leg straight up activating your glute. Think ‘glute squeeze,’ not height.

**Level up:** Add ankle weights.

## Day 8– Step Downs

**Targets:** Thighs, hips, knee stabilisers, balance.

**Benefits:** Builds control and confidence when stepping down or descending stairs.

**How to perform:** Stand on a step. Slowly lower one foot toward the floor while keeping your knee aligned over your toes. Control the movement.

**Level up:** Progressively let your lowered foot get closer to the floor.

## Day 9– Draw a Sword (Band or Dumbbell)

**Targets:** Shoulder blades, rotator cuff, core.

**Benefits:** Helps with reaching, lifting, and healthy shoulder alignment.

**How to perform:** Start at your opposite hip and pull diagonally across your body like drawing a sword. Rotate your shoulder gently.

**Level up:** Increase the strength of the band used or weight of the dumbbell.

## Day 10– Heel-to-Toe Walk

**Targets:** Feet, ankles, balance and coordination.

**Benefits:** Improves walking stability and ankle confidence.

**How to perform:** Walk in a straight line, placing heel directly in front of the opposite toe. Move slowly and focus on balance.

**Level up:** Challenge yourself by turning your head from side to side during the Heel-to-Toe Walk.

## Day 11– Thread the Needle

**Targets:** Upper back, shoulders, and thoracic rotation (twisting).

**Benefits:** Reduces stiffness and helps with posture and rib mobility.

**How to perform:** On hands and knees, slide one arm underneath your body and rotate gently. Unthread and reach your arm up.

**Level up:** Try increasing the rotation by holding on to a dumbbell.

## Day 12– Crab Walk

**Targets:** Side glutes, hips, outer thighs, core.

**Benefits:** Supports knee alignment and hip strength during walking or lifting.

**How to perform:** Bend your knees slightly, like in a squat position, keep low and take small sideways steps.

**Level up:** Add resistance by place a booty band (band loop) around the legs above the knees.

## Day 13 – Dead Bug

**Targets:** Deep core and hip muscles.

**Benefits:** Builds strong, steady control through your middle and helps protect your lower back.

**How to perform:** Lie on your back, core gently braced. Reach opposite arm and leg away without letting your ribs pop or pelvis tip. Perform slow and controlled.

**Level up:** Add weight by using dumbbells, wrist weights, ankle weights.

## Day 14 – Step Up

**Targets:** Thighs, glutes, and balance muscles.

**Benefits:** Builds confidence and control with stairs and single-leg tasks.

**How to perform:** Step up through your front heel and stand tall. Control your step down. Keep your hips level.

**Level up:** Add a knee lift at the top and/ or use dumbbells and perform a bicep curl while stepping up.

## Day 15 – Clamshells

**Targets:** Side hip muscles (glute med).

**Benefits:** Supports pelvis alignment and improves knee stability when you walk.

**How to perform:** Lie on your side, knees bent. Keep your feet together and lift your top knee without rolling your hips. Slow squeeze, slow return.

**Level up:** Add resistance by placing a booty band (band loop) around the leg above the knees.

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## Day 16 – Band Row

**Targets:** Upper back, arms, and shoulder stabilisers.

**Benefits:** Supports posture, shoulder control, and day-to-day pulling tasks.

**How to perform:** Holding the band, pull your elbows back, and squeeze your shoulder blades together. Don't let your shoulders shrug.

**Level up:** Increase the band resistance by changing to a heavier band or stepping further away from the band anchor point.

## Day 17 – Back Extension

**Targets:** Lower back, glutes, and upper back muscles.

**Benefits:** Strengthens the muscles that help you stand tall and support your spine.

**How to perform:** Lie on your stomach, lift your chest gently by using your back muscles. Lower slowly.

**Level up:** Remove the support of your arms by moving your hands from under your underarms to stacked in front of you, or place arms and hands alongside the length of your body.

## Day 18 – Heel Slides

**Targets:** Core, hip flexors, hamstrings.

**Benefits:** Improves gentle core control and helps restore hip and knee mobility.

**How to perform:** Lie down, core gently braced. Slide one heel out long, then back in. Keep your hips steady.

## Day 19– Star Reach

**Targets:** Core, hips, shoulders, and balance.

**Benefits:** Builds coordination and full-body stability in a gentle way.

**How to perform:** Standing tall on one foot, reach the opposite leg towards the point of a star. Keep your core steady and move slowly.

**Level up:** Challenge your coordination by reaching the opposite arm and leg toward opposite side star points.

## Day 20– Calf Raise

**Targets:** Calf muscles and ankle stability.

**Benefits:** Improves balance, walking power, and ankle strength.

**How to perform:** Hold onto a wall if needed. Lift your heels slowly, pause at the top, lower with control.

**Level up:** Hold dumbbells or wear ankle weights while performing.

## Day 21–Rotator Cuff External Rotation

**Targets:** Small shoulder stabilisers.

**Benefits:** Improves shoulder control and reduces injury risk when lifting or reaching.

**How to perform:** With your elbow(s) tucked by your side. Rotate your hand outward like opening a door. Keep the movement small and steady.

**Perform without a Band:** Use a dumbbell or press out against a wall (single sided).

**Level up:** Increase resistance by using a heavier band or adding a dumbbell.

## Day 22– Pallof Press (Balance Focus)

**Targets:** Side core muscles and hip stabilisers.

**Benefits:** Helps your body stay steady with twisting or carrying tasks.

**How to perform:** Stand tall holding the band at your chest. Press straight forward without letting your body twist. Control the wobble.

**Level up:** Decrease your base of support by bringing your feet closer together, stand on one leg or a cushion.

## Day 23 – Squat

**Targets:** Thighs, glutes, core, hip muscles.

**Benefits:** Helps with everyday movements like sitting, standing, lifting, and climbing stairs. Improves hip and knee control.

**How to perform:** Stand tall with your feet shoulder-width. Sit your hips back like you're going into a chair. Keep your chest open. Push through your heels to stand tall.

**Level up:** Add resistance with dumbbells, weighted vest or holding something heavy close to your chest (e.g. heavy detergent bottle, medicine ball).

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## Day 24– VMO Bug Squishes

**Targets:** Inner quad (VMO).

**Benefits:** Supports knee tracking and helps reduce knee discomfort.

**How to perform:** Sitting on the edge of a bench or chair, press down through the ball of your foot, as though you are squishing a bug.

## Day 25–Wall Triceps Push-Up

**Targets:** Triceps, shoulders, and core.

**Benefits:** Builds pushing strength in a joint-friendly way.

**How to perform:** Place your hands close together on the wall. Lower yourself by bending your elbows straight back. Press away with control.

**Level up:** Move from performing against the wall to, on a high bench, lower bench and then floor.

## Need a Little Extra Help?

Kita can help design a simple, personalised plan to get your body feeling great.

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