Muscle Activation

Our muscles are activated through nerve impulses. Nerve impulses ‘power up’ the muscles, causing muscles to contract. This process enables the movement that we rely on to perform tasks, big and small. These exercises facilitate the process of muscle activation. Performed regularly, these could help to build muscle strength.

1. **Knee Raise**
   - A
   - B
   - C

2. **Hip Adduction**
   - A
   - B
   - C
   - D

3. **Hip Abduction**
   - A
   - B

4. **Lower Leg Extension**
   - A
   - B
   - C
   - D
5. **Hip Kickback**

Aim to do 2-3 sets daily

For each exercise, hold for 15 to 60 seconds

Caution:

- Do movements in a slow and controlled manner
- Engage your torso by tensioning the mid-section muscles
- Do not hold your breath. Breathe normally
- Have one day of rest in between strength training sessions

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6. **Supported Heel Raise**

Dose:

- Aim to do 2-3 sets daily
- For each exercise, hold for 15 to 60 seconds

Caution:

- Do movements in a slow and controlled manner
- Engage your torso by tensioning the mid-section muscles
- Do not hold your breath. Breathe normally
- Have one day of rest in between strength training sessions

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7. **Supported Side Lunge**

A

B

C