

# Physio Playlists

We get it. Physio exercises probably aren't the highlight of your day. Reps, sets, repeat...yawn. But what if the power of music could change that?

Inspired by the Arthur Tut, our Physio Playlists make physio feel less like homework and more like fun.

We've got together with our physios and remixed key exercises with curated tracks. Each movement you'll do is paired with a track that matches its rhythm, pace and vibe.

Wall pushes? There's a track for that. Anchoring and hollowing? Yep, that too.

So hit play, follow the flow, and let our playlists guide your physio.

Give this physio playlist a try

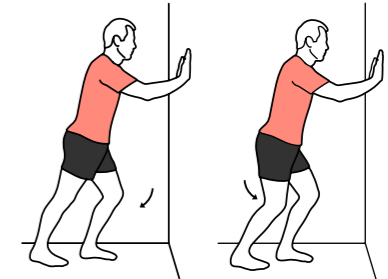
**Physio but fun**



## Wall Push

Goes well with: Push it, Salt-N-Pepa

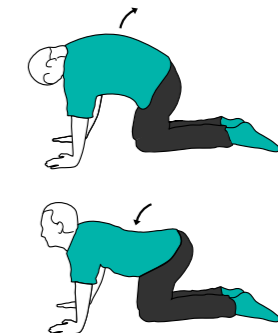
- 1 Bend your front knee toward the wall while keeping your back leg straight until you feel a stretch in your calf.
- 2 Relax and repeat 10 times.



## Arching and Hollowing

Goes well with: Work, Rihanna

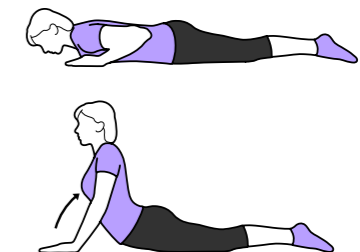
- 1 Arch your back up and drop your head. Hold for 5 secs. Then lift your head while relaxing your tummy and sticking your bottom out. Hold for 5 secs.
- 2 Repeat 5 times.



## Half Push-Ups

Goes well with: You Raise Me Up, Westlife

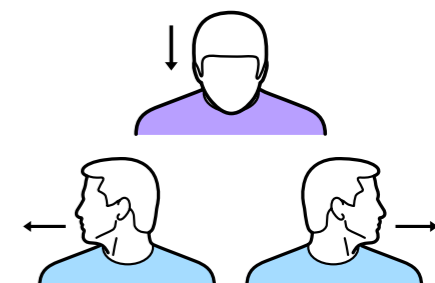
- 1 Push through your hands to arch your back, keeping hips down. Feel a stretch in your tummy, hold for 5-10 secs, then go back.
- 2 Build up to repeat 10 times.



## Neck Exercises

Goes well with: Around the World, Daft Punk

- 1 Keep your body straight, push your chin forward to stretch your throat and hold 5s. Then push it back (chin up) and hold for 5 secs.
- 2 Repeat 5 times.



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