



### 1. "Bridge, single leg" Core/gluteals strengthening; 01

Lie on your back.  
Bend one leg upwards, placing the foot on the floor.  
Draw your other leg up to the same position, maintaining a hips width between your legs.  
Lift one foot slightly off the floor.  
Using the effort of your remaining foot, lift your hips up into a bridge until you have a straight line from your shoulders to your knees.  
Lower back down and repeat.  
Keep your pelvis level throughout this exercise.

*Alternate between sides and do 15 reps, 2 sets per side*



### 2. "Squat, single leg" Lower body strengthening, sitting onto chair

Stand up straight with a chair positioned behind you.  
Take a small step away from the chair.  
Transfer your weight onto the leg you would like to exercise, lifting your other leg in front of you a little.  
Focus your gaze directly ahead, activate your abdominal muscles, and keep your back straight.  
Bend your knee and push your hips back behind you, aiming to sit down on the chair.  
Ensure you keep your knee pointing directly ahead.  
Do not allow it to drop inwards.  
Your back should remain straight with your gaze in front.  
Once sat on the chair, lower your elevated leg to the floor, and stand up using both legs.  
Repeat this movement.



### 3. "Dead bug" Core/abdominal stabilization; 02

Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees.  
Raise your arms straight up vertically over your head.  
Keeping your back flat, lower the opposite arm and leg away from one another towards the floor.  
Do not allow anything else to move and make sure your back stays flat on the floor.  
Return to the start position and repeat with the other pair.



#### 4. Lunge, jumping 180°, switching legs

Start in a standing position.

Take a pace forward and bend your knees in to a lunge position.

Push through both feet strongly, jumping upwards and turning 180° towards your rear foot, landing in an opposite lunge with your legs bent.

Jump upwards from this position, turning back to the original start position to land with your knees bent.

Continue on for the required number of repetitions, altering the direction of rotation as you progress.

*use hiking / nordic poles - mini-lunges only*



#### 5. "Push up" Chest/shoulder strengthening, hands on bench

Kneel down in front of a stable high surface such as a box.

Place your hands on the box shoulder width apart and lift your knees up.

You should have a straight line from your head to your heels.

Keeping a strong core and tightening your buttock muscles, bend your elbows, lowering your chest down towards the box.

Your whole body should move in a line.

Drive through the heels of your hands to straighten your arms out again.



#### 6. Balance, single-leg, reaching to floor, hip hinge position; 01

Stand on your affected leg.

Keeping your balance, bend over and touch your toes with your opposite hand.

Control the movement as you return to the start position and repeat.



#### 7. Hopping, around 4-square grid, CCW

Stand up straight with a four square grid on the floor in front of you.

Start in the back right square of the grid.

Transfer your weight onto your affected foot and lift your unaffected foot from the floor.

Hop forwards over the line in front of you landing lightly on your foot as you regain your balance.

Next, hop sideways over the line to your left and regain your balance.

Next, hop backwards of the line behind you regaining your balance.

Finally, hop sideways over the line to your right and regain your balance.

Repeat.

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2 Sets																				
10 Reps																				
1 s Hold																				

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