

1. Step up with knee raise

Stand up straight with 1 step in front of you.
 At a moderate to fast pace, step forward onto the step with one leg.
 Bring your other leg through and lift your knee up in front of you until your thigh is horizontal.
 Hold this position.
 Step back to the floor and repeat the movement.



2. Lunge forwards backwards

Stand up straight with a clear space ahead of you.
 Take a large step forward and drop down into a lunge.
 Ensure your front knee travels forward over your toes and does not drop inwards.
 Push back up and step backward with your front leg.
 Drop down into the opposite lunge.
 Repeat the movement, stepping one leg forward into a lunge, then backwards with the same leg into the opposite lunge.



3. Single-leg calf raise on step with support

Stand up straight on a step.
 Place the step in front of a wall, or close to a rail for support.
 Walk your feet backwards so that your heels hang off the back to the step.
 Move your weight onto the leg to be exercised, lifting the foot of your other leg off the step.
 Keeping your knee straight, rise up onto the ball of your foot.
 Control the movement as you lower your heel back down and repeat the movement.



4. Single leg bridging

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.

5. Squat

Stand with your feet shoulder-width apart.

Engage your core muscles and gently squat down, do not allow your knees to travel too far forwards and keep your weight on your heels, not your toes.

Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position.

As you squat, bend from your hips and keep your back straight.



3 Sets / 12 Reps

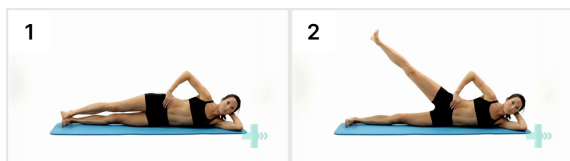
6. Hip abduction - side lying

Lie on your good side, making sure there is a straight line from your head, through your trunk, down your legs to your toes.

Straighten your legs and pull the toes up towards you.

Raise the top leg straight up, then control the motion back down.

Ensure your leg goes directly up, as though sliding up and down a wall.



2 Sets / 1 Rep / 60 s hold

7. Plank

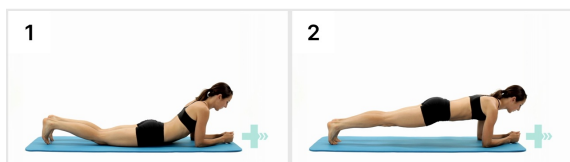
Lie on your front with your toes on the floor.

Place your forearms on the floor and push up, lifting your torso and legs.

Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.

Keep your buttocks squeezed and your hips level.

You will feel the core muscles working.



2 Sets / 1 Rep / 30 s hold

8. Side plank

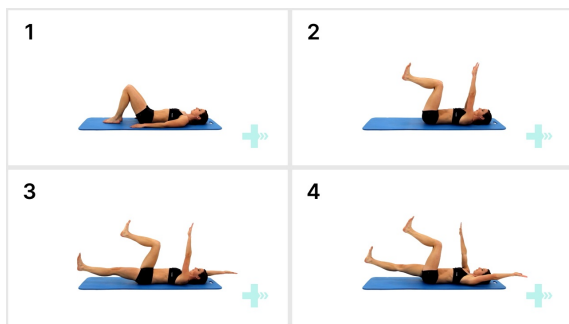
Lie on your side, propping yourself up on your elbow.

Keep your legs straight and stacked on top of one another.

Use your elbow and feet to push the body off the floor, and maintain a straight line from your head to your feet.

Hold this position for as long as you can, preventing the hips from sagging.





9. Dead bugs

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.

3 Sets / 8 Reps / 5kg weight

10. Reclined sit up twist feet down - medicine ball

Sit on a mat and hold a medicine ball in both hands.

Recline backwards, keeping your back straight and your heels on the mat.

Rotate side to side, touching the ball to the floor by your hips.

Make sure you keep your back straight throughout this movement.

