

Calf Raise - Single Leg

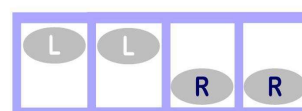
- Stand on one leg, toes on edge of box
- Ankle hanging below toes
- Hold something for support
- Lift & lower body by extending the ankle of the stance leg
- Maintain an upright posture throughout

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



Forward Hops - 3 Each Leg - Ladder

- Hop forward on one leg
- One hop in each square
- Every 3 hops swap legs
- Continue this sequence until ladder is complete
- Ground contact on balls of feet

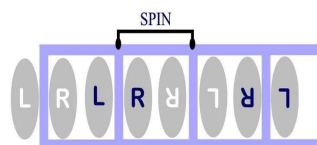


Repeat 3-6 times. Rest 60-90s between repetitions.

Lateral Jumps - 2 Each Square & Spin - Ladder

- Stand side on to the ladder, straddle first rung
- Jumping action, moving sideways through the ladder
- Straddle each rung of the ladder once
- After 3 jumps, jump & spin 180 degrees, continue jumping
- Repeat sequence until ladder is complete
- Ground contact on balls of feet

Face Sideways



Repeat 8-12 times. Rest 90s between repetitions.

Marching - High Knees

- March up & down on the spot
- Emphasise high knee action & extension of the stance leg



Complete 2-4 sets of 30-50 repetitions. Rest 60s between sets.

Squat - Wobble Board or Foam Roller

- Feet positioned toward edges of wobble board
- Arms in front of body
- Keep wobble board as flat as possible
- Descend into a squat position
- Ascend by standing up slowly
- Board stays balanced
- Maintain an upright posture throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Arabesque - Single Leg Quarter Squats

- Adopt the arabesque position
- Shoulders, hips, knees & ankles aligned & close to horizontal
- Perform small squats on one leg while maintaining position
- Maintain balance, repeat as directed



Complete 2-5 sets of 6-12 repetitions. Rest 60s between sets.

Arabesque - Torso Rotations

- Adopt the arabesque position, arms out wide
- Shoulders, hips, knees & ankles aligned & close to horizontal
- Rotate trunk so hand is pointing to upward
- Return to start position & repeat
- Maintain good balance & alignment throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Bounding - Alternate Legs

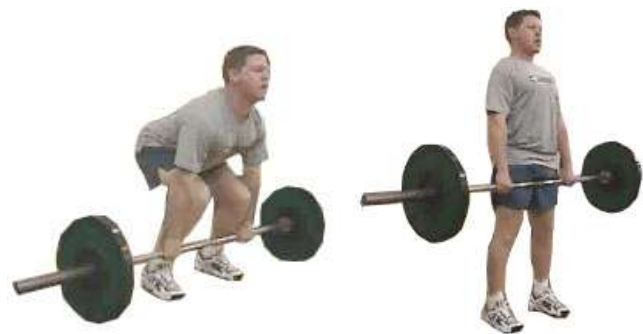
- Running action
- Lengthen stride
- Aim for maximum height & distance from each stride
- Ground contact on balls of feet
- Maintain an upright posture, use arm action to assist with elevation



Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Deadlift

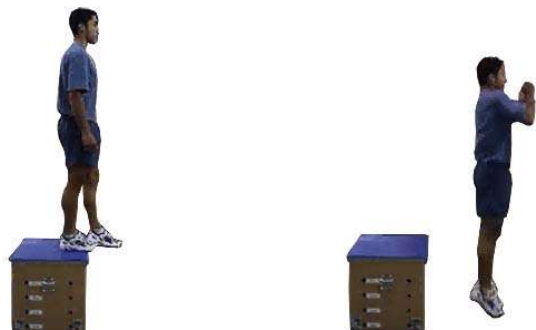
- Barbell on floor, hip width stance
- Shins contact bar, shoulders forward of bar, normal spine
- Grip shoulder width, feet flat on floor
- Stand up slowly, bar close to chins & thighs
- Maintain normal spinal curvatures throughout movement
- Reverse the action to return to the floor



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Depth Jumps

- Stand on a low box
- Step off box, land on the balls of both feet
- Land with hips, knees & ankles slightly flexed
- Jump immediately
- Aim to minimise ground contact time
- Increase height of box to increase difficulty of task not more than 0.6m



Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Lateral Bounds

- Bound sideward off one leg onto the other
- On landing, bound back in the opposite direction
- Repeat sequence
- Maintain a low centre of gravity throughout



Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Leg Press - Double Leg

- Feet & knees hip width apart
- Control descent to 90 degree knee flexion
- Return to start position by extending knees
- Avoiding hyperextension knees
- Maintain flat feet throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Lunge - Barbell

- Feet hip width apart
- Bar positioned across back of shoulders
- Take a large step forward, descend until leading thigh is parallel to floor
- Return to start position by rapidly extending leading leg
- Maintain upright posture throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Lunge - Overhead - Medicine Ball

- Feet hip width apart, medicine ball held high above head
- Take a large step forward, descend until leading thigh is parallel to floor
- Return to start position by rapidly extending leading leg
- Keep ball above head & maintain upright posture throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Lunge - Rotation - Medicine Ball

- Feet hip width apart, medicine ball held out in front of body
 - Take a large step forward, descend until leading thigh is parallel to floor
 - On descent rotate torso to the same side as the leading leg
 - Return to start position by rapidly extending leading leg & rotating torso back to neutral position
 - Variation - Substitute medicine ball for a weight plate or dumbbell
- Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



Lunge - Walking

- Feet hip width apart
 - Grip dumbbell in each hand
 - Take a large step forward, descend until leading thigh is parallel to floor
 - Push off the trailing leg & step forward onto the leading leg to the new start position
 - Maintain upright posture throughout
- Variations: Substitute dumbbells for a barbell or medicine ball

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



Side Lying Leg Lifts - 5 Second Holds

- Lie on side, arm under head if possible
- Other hand on hip
- Preset lower abdominals
- Abduct the hip & raise the leg to 30 degrees
- Hold for 5 seconds, lower leg & repeat

Complete 2-5 sets of 8-12 repetitions. Rest 60s between sets.



Split Jump - Body Weight

- Stand in split stance
- Descend rapidly into split squat position
- Immediately jump for height
- Land with stance reversed, immediately jump again

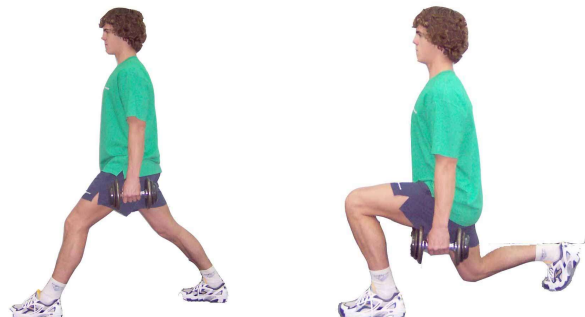
Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.



Split Squat - Dumbbell

- Feet hip width apart, long split stance
- Grip dumbbell in each hand
- Descend until leading thigh is parallel to floor
- Ascend by pushing shoulders towards the roof
- Maintain upright posture throughout movement

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



Split Squat - Foot on Box - Barbell or Dumbbell

- Hold barbell across shoulders, or dumbbells in hands
- Start in a split squat position, rear foot on box or bench
- Perform split squat in controlled manner
- Maintain upright torso
- Complete repetitions on one side at a time

Complete 2-4 sets of 8-12 repetitions. Rest 60-90s between sets.



Squat - Body Weight

- Stand feet wider than hip width apart
- Arms in front of body
- Push knees forward over toes & sit backward until top of thigh is parallel to floor
- Ascend by driving hips forward & shoulders towards the roof
- Feet stay flat & lower back maintains normal curvature throughout

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



Squat - Single Leg - Quarter Squat on Unstable Surface

- Stand on one leg on a mini trampoline, foam roller or wobble board
- Squat down slowly to a partial squat position
- Maintain balance & return to standing
- Maintain alignment of knee, hip & ankle

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



Step Up - Gluteal Endurance

- Stand with one foot forward on a low box
- Lean torso forward over leg
- Squeeze both gluteals
- Slowly step up onto the box
- Lower slowly, emphasising control of the pelvis & glute contraction
- Repeat repetitions on one leg at a time

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



Step Up Jumps

- Select knee high box or lower
- Stand in front of box, one foot on top of box
- Step up onto the box & jump for height
- Land with stance reversed, immediately jump again
- Aim to jump for maximum height



Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Straight Leg Raise - Co-Contraction

- Sit on the floor, legs extended
- May bend one leg up for support
- With the straight leg - point toes up, squeeze quadriceps/thigh muscles to extend the knee
- Keep the leg straight & slowly lift the leg off the floor
- Lower leg & repeat



Complete 2-4 sets of 8-12 repetitions. Rest 30-60 between sets.

Tuck Jumps

- Stand, feet hip width apart
- Drop into a partial squat position
- Immediately jump for maximum height
- Tuck knees to chest during flight
- Land legs slightly flexed
- Immediately jump again & repeat sequence



Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

Ankle Bounces - Torso Rotations

- Stand, feet hip width apart, knees slightly flexed
- Jump repeatedly, each jump rotate lower body to the left or right
- Shoulders face forward throughout
- Emphasise rotation through the torso
- Bounce with short, soft ground contacts



Complete 2-4 sets of 10-20 repetitions. Rest 60s between sets.

Bridge - Feet On Exercise Ball

- Lie face up, feet on stability ball, knees & hips bent to 90 degrees
- Preset lower abdominals
- Press heels into the exercise ball, lift the hips to align with shoulders & knees
- Maintain neutral spine position



Complete 2-4 sets of 8-15 repetitions. Rest 30s between sets.

Bridge - Single Leg On Exercise Ball

- Lie face up, one foot on a exercise ball
- Knee & hip bent to 90 degrees, other leg straight
- Preset lower abdominals, press heel into the exercise ball & lift the hips to align with the shoulder & knee
- Maintain neutral spine position



Complete 2-4 sets of 8-15 repetitions. Rest 30s between sets.

Deadlift - Single Arm & Leg - Dumbbell

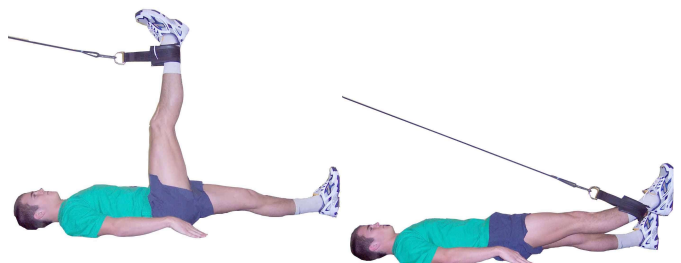
- Stand on one leg, hold dumbbell in hand on same side
- Hold dumbbell in front of thigh
- Bend forward from hip, extend other leg backward in Arabesque like position
- Keep dumbbell close to leg
- Stand & repeat



Complete 2-4 sets of 6-12 repetitions. Rest 60s between sets.

Hip Extension - Lying - Cable

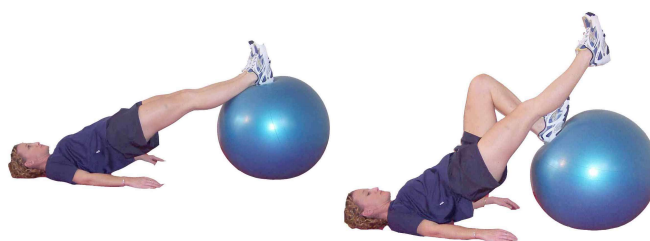
- Lie face up, head toward high cable
- One leg vertical, other leg flat
- Attach cable cuff to ankle of raised leg
- Keep leg straight, pull leg to floor



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Leg Curl - Single Leg On Exercise Ball

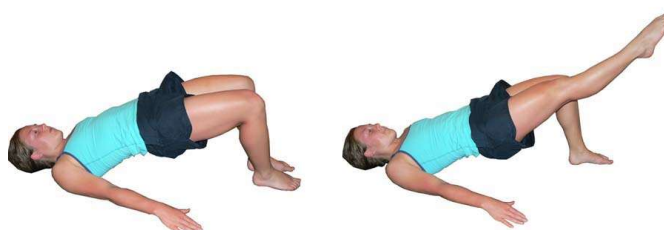
- Lie on floor, one heel on crest of the ball
- Other heel slightly above ball
- Hips extended - shoulders, hips, knees & ankles align
- Bend knee to roll ball to buttocks
- Extend leg to return to start position
- Ensure hips remain square with shoulders
- Torso maintains a stable position throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Bridge & Hold - Alternate Leg Extensions

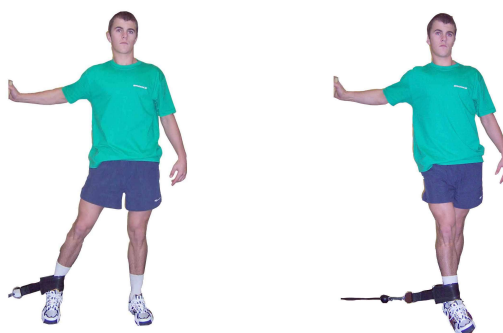
- Lie face up, knees bent, feet flat on floor
- Lift hips to align with shoulders & knees
- Hold bridge position, slowly extend one knee, pause, return foot to the floor
- Repeat on other side



Complete 2-4 sets of 6-12 repetitions. Rest 60s between sets.

Hip Adduction - Standing - Cable

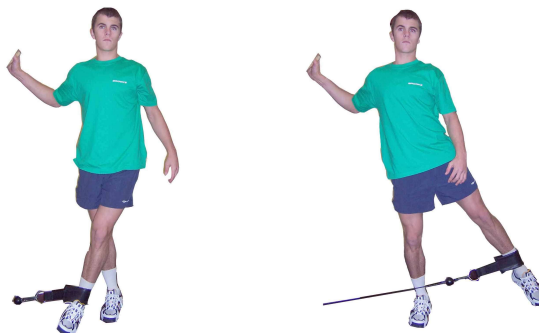
- Stand beside low cable
- Attach cable cuff around near ankle
- Hold for support
- Pull the cable by adducting the hip



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Hip Abduction - Standing - Cable

- Stand beside low cable
- Attach cable cuff around far ankle
- Hold for support
- Pull the cable by abducting the hip



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.