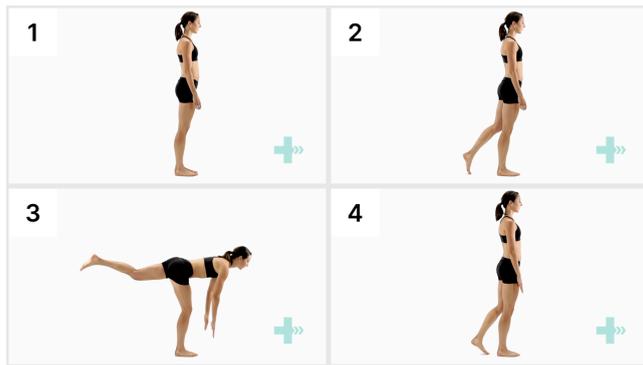


Sets: 2 • Reps: 6



1. SL body hinge

Stand on your affected leg with the opposite leg extended behind you. Tighten the abdominal and leg muscles as you hinge forward at the waist and raise the back leg. Keep your body and leg in line with one another.

Sets: 2 • Reps: 10



2. 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.

Sets: 2 • Reps: 12



3. Resisted crab walks

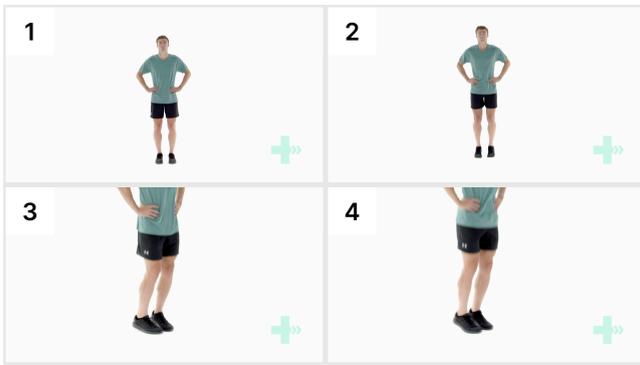
Place a band around your ankles and gather some tension. Side-step keeping constant tension on the band. Make sure you do not bring your feet too close together and keep your toes and knees pointing forwards.

Sets: 2 • Reps: 10



4. Calf raise

Start in a balanced stance with your feet shoulder width apart and then raise yourself up on your toes as high as possible. Return back to the starting position.



5. Pogo jumps on the spot

Stand up straight with your hands on your hips.

When ready, perform a series of two-footed jumps on the spot with as little time in contact with the ground as possible.

Stay light and springy on the balls of your feet.