

### 1. Active alternate UL and LL extension in prone over ball

Place the ball underneath the abdomen and get into a balanced position. Lift the opposite arm and opposite leg simultaneously while maintaining balance. Do not kick the leg into the air. Use slow and controlled movements. Repeat on the opposite side.

6 reps, 1 set

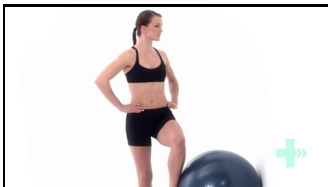


### 2. Plank - on stability ball

Get into a plank position with your elbows on a stability ball. Hold this position with your back flat and a straight line from your head to your feet.

- Hold for 10 seconds, then come down for a very short break and repeat 3 times

3 reps, 1 set, 10 s hold



### 3. Glut med in a ¼ squat with hip flexion and thoracic spine rotation [08080]

Stand with your side onto the wall with the ball between your thigh and the wall. With the ball pressed against the wall, lift your inside leg off the floor with your knee bent and gently push the ball against the wall with this leg. Bend the leg you are standing on into a small squat and keep this position while you move the leg with the ball forwards by moving through the hip. At the same time as your leg moves forwards twist backwards through the upper body towards the wall. This exercise is an essential component of effective and efficient running.

6 reps, 1 set

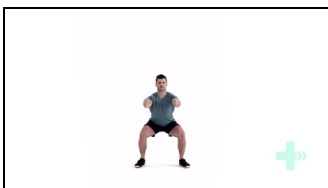


### 4. Plank

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.

- Hold for 10 seconds, then come down for a very short break and repeat 3 times

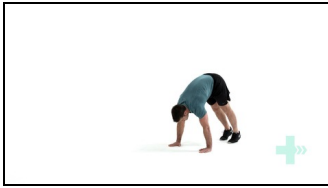
3 reps, 1 set, 3 s hold



### 5. Bodyweight squat

Start position is standing straight with the arms out in front and bent at the elbows, the fists should be clenched and the palms facing inwards. Move downwards into a squat position so that the knees are aligned over the toes and the heels are in contact with the floor, make sure the back is straight. Keep the head and chest upright and the gaze horizontal. Hold for 2 seconds and return to the start position.

6 reps, 1 set, 1 s hold



### 6. Handwalks

Stand with your legs straight and your body bent over with your hands on the ground in front of you. Keeping your legs straight and stomach tight, walk your hands forward to a push up position. Still keeping your legs straight, walk your feet back up to your hands. When a stretch is felt, walk your hands back out to a push-up position. Continue to complete the set.

3 reps, 1 set

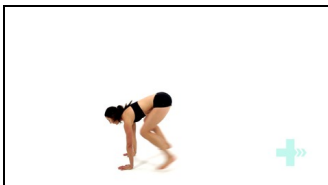


### 7. Lunge reverse - forearm to instep with rotation

Stand tall with your arms at your side. Step backward into a lunge with your right foot. Place your right hand on the ground and your left elbow to the inside of your left foot. Hold this stretch for a moment and rotate your left arm and chest to the ceiling. Hold again for a couple of seconds and bring your left arm down and reach it across under your torso to the opposite side. Return to standing repeat the movement on the opposite side and repeat for the prescribed number of repetitions.

- each side

3 reps, 1 set, 1 s hold



### 8. Plank to squat

Step back into a press-up position with your toes and hands on the floor. Jump your feet forwards to land wider than your hands, and lift your hands and chest up, sinking your hips down into the stretch. Place the hands back between the feet and jump back to the start position.

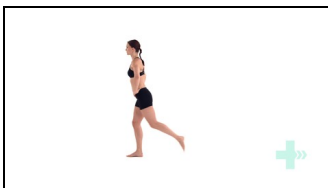
6 reps, 1 set



### 9. Plank to push-up

Start in a press up position with a straight line from your head to your feet. Keeping your back straight lower yourself down onto your elbows, then push back up on to your hands. Do not allow the back to sag at any point.

6 reps, 1 set, 1 s hold



### 10. Lunge reverse

Stand straight and take a large stride to the rear with your affected leg. Keeping the movement flowing, drop your hips directly down and bending both legs until your knees reach 90 degrees. Spring back up from this position, bringing your feet back together and keeping your body upright throughout the exercise. Ensure your knees travel directly forwards during the exercise.

- each side

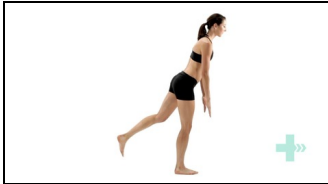
6 reps, 1 set



### 11. Mountain climbers

Adopt a plank position insuring your hands are directly beneath your shoulders. Fully flex one hip and hold. Extend the bent leg to the rear and repeat the movement pattern on the opposite side

1 rep, 1 set, 10 sec duration

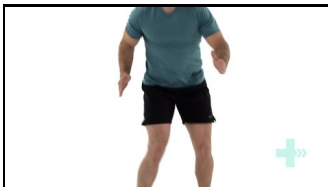


### 12. SL body hinge

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.

- each leg

6 reps, 1 set

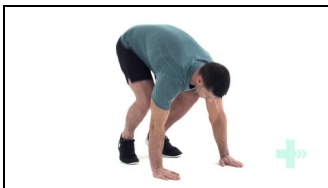


### 13. Base rotations

Stand in a ready position with your knees bent and hips back. Keeping your chest facing straight ahead, rapidly jump slightly off the floor and rotate your hips to the right as you move your arms to the left. Land and immediately jump back to your left, moving your arms to the right. Continue for the prescribed amount of time.

- take a small rest between reps

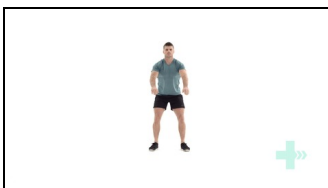
3 reps, 1 set, 10 sec duration



### 14. Burpee

Start position is standing upright. Drop down into a press up position and then fluidly move up into the squat thrust position, then without pause use both legs to leap upwards, extending the arms overhead during the upward movement. Control the landing using the knees and hips to absorb the impact and return to the start position. The overall movement should be fluid and continuous.

6 reps, 1 set, 10 sec duration, 80 thr, 7 rpe



### 15. Jump forwards and backwards

Stand with your feet hips width apart and your knees slightly bent. Jump forwards, landing with your legs in a slight squat. Spring back, landing on the spot you started on. Make sure you land lightly on the balls of your feet, controlling the landing between jumps.

6 reps, 1 set

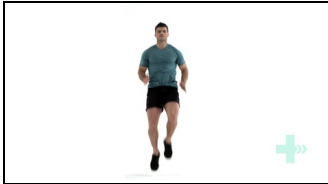


### 16. Jump sideways

Stand with your feet hips width apart and your knees slightly bent. Jump to one side, landing with your legs in a slight squat. Spring back, landing on the spot you started on. Make sure you land lightly on the balls of your feet, controlling the landing between jumps.

*6 reps, 1 set*

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### 17. Running in place

Stand in an athletic base position with your knees slightly bent, hips back, and arms bent slightly throughout the move. Run in place by moving your feet up and down a couple of inches, with each step as quick as possible, allowing your arms to move rhythmically. Continue for the prescribed amount of time.

*1 rep, 1 set, 30 sec duration*

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