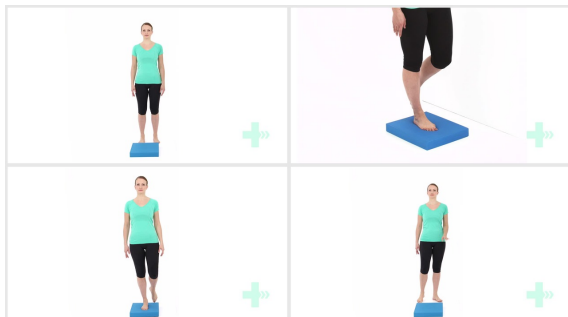




1 Set / 10 Reps / 30 s hold

**1. SLS on foam balance mat**

Stand up straight close to a wall or solid supporting surface.

Place a foam balance mat on the floor in front of you.

Step onto the balance mat with your affected foot, using the wall to balance as needed.

Try to let go of the wall while keeping your balance.

Ensure you keep your gaze straight ahead, and your thigh and buttock muscles tightened.

Hold this position.

2 Sets / 10 Reps / 1 s hold

**2. 4 point kneeling, opposite arm and leg lift**

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Make sure your back is flat.

Gently squeeze your pelvic floor and stomach muscles.

Without moving your back, slowly lift one arm out in front, and the opposite leg out behind you.

Bring both the arm and leg back down.

Repeat with the other opposite pair.

Keep your back still throughout the movement.

2 Sets / 10 Reps

**3. Pilates chest lift**

Lie on your back.

Bend your knees with your feet flat on the floor at hip width apart.

Place your hands behind your head with fingers interlaced.

INHALE: to prepare

EXHALE: lift your chest and head off the mat

INHALE: lower your upper body down on the mat

Maintain your pelvis in the neutral position throughout.

Keep your legs parallel and do not allow them to open.

Move your head and chest together.

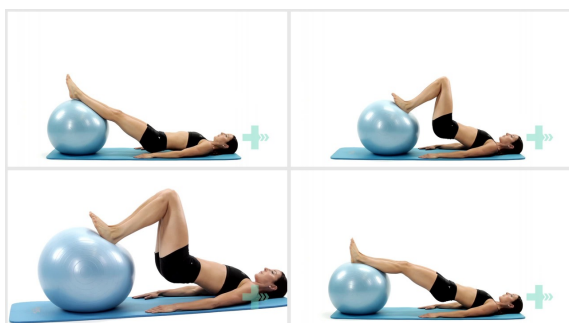


4. Pilates clam level 1

Lie on your side with your hips and shoulders inline.
 Bend your legs so that your hips are bent at a 45 degree angle and your knees are at a 90 degree angle.
 Stretch out your bottom arm and rest your head on it.
 Bend the top arm with your hand on the mat in front of your body for stability.
 EXHALE: rotate your hip and lift your knee upwards
 INHALE: lower your knee down to the starting position.
 Change sides after the desired number of repetitions.
 Keep your big toes together as you rotate your leg in your hip joint.
 Open the knee only as far as you possibly can without disturbing the alignment of your hips.

Once strength improves can add a resistance band around the knees.

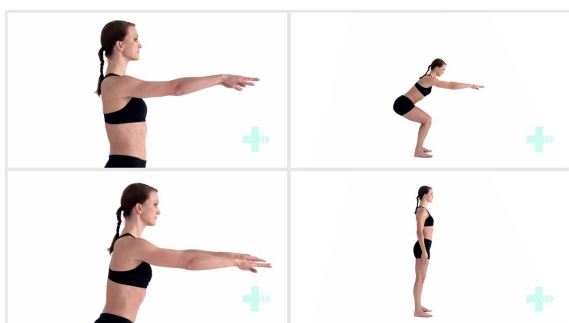
2 Sets / 10 Reps



5. Bridge with bilateral hamstring curls on ball

Lie on your back with the ball placed underneath your heels.
 Lift your hips up off the floor keeping the legs straight.
 Holding this position, bend your knees and roll the ball in towards you, applying constant pressure on the ball with your heels.
 Your hips remain level, they do not tilt.
 Roll the ball back out, straightening your legs but keeping your hips up, and repeat.

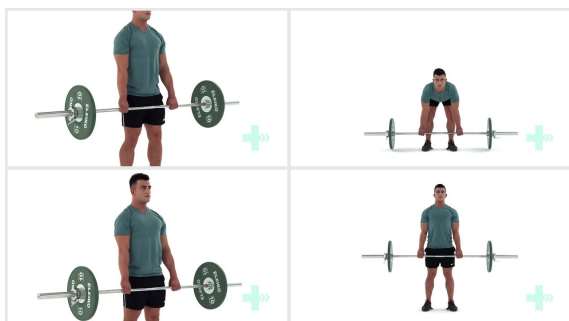
2 Sets / 10 Reps



6. 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.

2 Sets / 10 Reps / 10kg weight



7. Stiff leg deadlift - with barbell

Stand with your knees slightly bent, holding a barbell with an overhand grip.
 Hinge forward at the waist, keeping your back straight and lower the barbell towards your shin.
 Contract your gluteus and hamstrings and return to a standing position.

Increase weight as strength improves



8. High plank

Kneel down on a mat with your hands under your shoulders and knees under your hips.

Straighten one leg and then the other leg back behind you.

There should be a straight line from the back of your head through your back, the back of your legs to your heels.

Push your hands into the floor so that your shoulder blades fix onto your back.

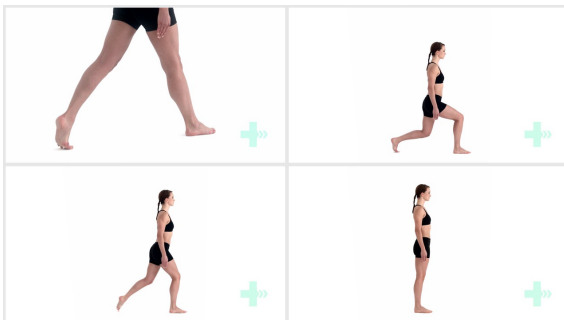
Hold this position.

Ensure your hips do not push up into the air.

Remember to breathe.

Can increase duration of hold as able

2 Sets / 10 Reps



9. Static lunges

Take a large step forwards on your affected leg.

Drop your hips directly down between your two feet.

Allow both legs and hips to bend, so that your knees are at 90 degrees, your back heel comes off the floor and the shin of your front leg is vertical.

Push back up to the starting position and repeat.

Make sure your knees travel directly forwards over your toes at all times.

2 Sets / 10 Reps / 10 sec duration



10. Change of direction – agility – sidestep - intermediate

Place four cones in a straight line on the ground in front of you, equidistant apart, as shown in the diagram.

Turn 90 degrees so that the cones are to your side

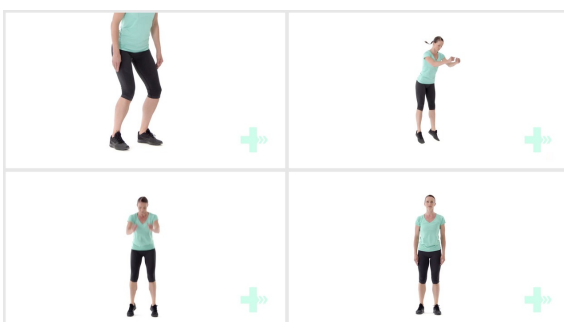
When ready, sidestep to the second cone then back to the first.

Next, sidestep to the third cone then back to the second.

Finally, turn and sprint to the fourth cone.

Repeat.

2 Sets / 10 Reps



11. Squat jumps narrow and wide

Stand up straight with your legs hip-distance apart.

Keeping your back straight, bend your hips and knees.

Push through your legs and feet and explode into the air.

Land with your feet wide apart while simultaneously reaching down to touch the floor between your feet with your fingertips.

Explode through your legs again as you jump into the air and land with your legs hip-distance apart.

Repeat, alternating between wide landing with floor touch, and a narrow landing without.