



3 Sets / 10 Reps

**1. Running man on foam pad**

Stand up straight with a wobble cushion on the floor.

Step the leg you would like to exercise onto the centre of the wobble cushion.

Gain your balance with your knee softened.

Maintaining your balance, raise your other knee up in front of you.

Bring your opposite arm forward and the other back at the same time.

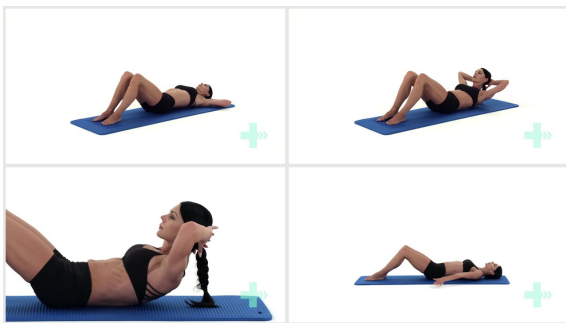
Bend your stance leg as you lower your elevated leg back down and behind you, bending your body forward at your hips.

Allow your arms to swap over.

Control your balance as you bring your elevated leg back forward and up and repeat the motion.

There is no need to rush this exercise, the focus is on keeping your balance.

10 Sets / 3 Reps

**2. Pilates criss cross level 1**

Lie on your back with your knees bent and your feet flat on the floor.

Interlace your hands behind your head.

Exhaling, lift your head and chest off the mat.

EXHALE: rotate your trunk to the side with your elbow reaching to the opposite knee

INHALE: move back to the center

Switch sides, rotating through the center and pulling your abdominals inwards all the time.

Maintain your pelvis stable throughout.

Keep your elbows wide open and rotate your upper body as one unit.

10 Sets / 3 Reps

**3. Pilates side bends level 2**

Sit sideways with your legs bent, your top foot placed in front of the bottom foot.

Place your supporting hand on the mat.

Your hand, hips, and feet should be in line.

INHALE: lift your pelvis off the floor, straightening your legs and extending your body into a diagonal line with your arm reaching up to the ceiling

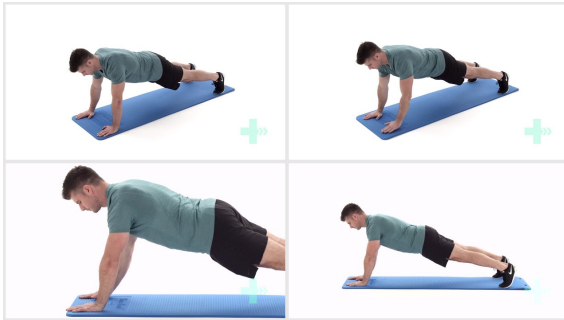
EXHALE: bend over to the side, lifting your pelvis slightly higher with your arm reaching overhead, looking down

INHALE: move back to the straight diagonal line with your arm reaching upwards.

EXHALE: slowly lower your pelvis down without touching the floor.

Maintain stability in your shoulder and keep your legs together.

Focus on use of the lateral flexors, minimizing the use of your legs and maintain fluid motion during the movement.

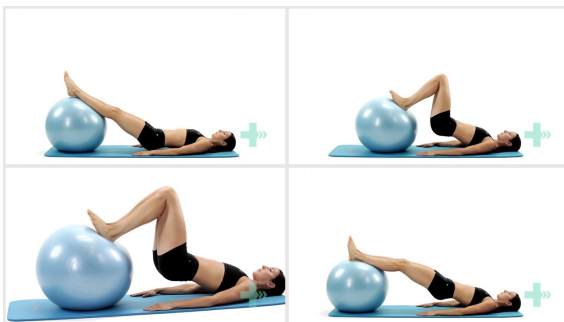


#### 4. Plank to push-up position

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 your back to sag at any point.

3 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.

10 Sets / 3 Reps



#### 6. Squat on Bosu

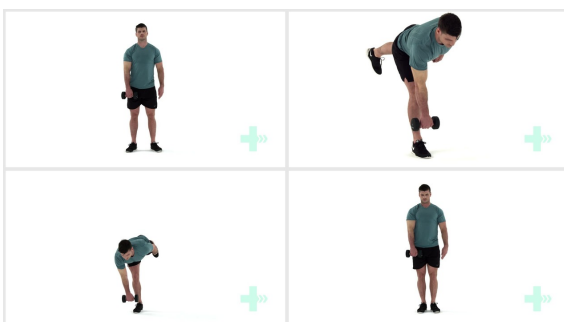
Stand with your legs wide apart on the flat side of a Bosu.

Keep your toes pointing forwards as you squat down, maintaining a straight back. Ensure your knees travel directly forwards over your toes.

Control the movement as you steadily stand up, returning to the start position.

Tightening the core and buttock muscles will help you to control the stability during this exercise.

10 Sets / 3 Reps / 10kg weight



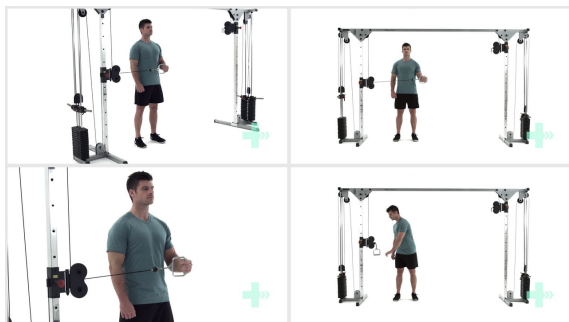
#### 7. Stiff leg deadlift - single arm, single leg with dumbbell

Stand with your knees slightly bent, holding a dumbbell in one hand.

Hinge forward at the waist and fully extend the opposite leg out to the rear, lowering the dumbbell towards your shin.

Keep your back straight and do not allow your body to rotate.

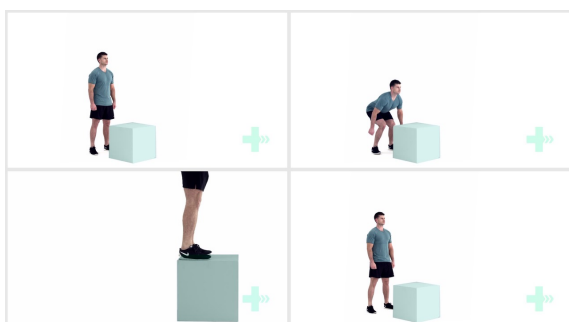
Contract your gluteus and hamstrings and return to a standing position.



**8. Cable machine GHjt external rotation**

Have the pulley at elbow height with a handle attached.  
 Stand sideways to the cable machine and grasp the handle with one hand.  
 Position this elbow against the side of your body, with your elbow at 90 degrees and your forearm resting against your stomach.  
 Maintain a good posture and move the weight away from your body as far as you can without rotating your body.  
 Try to maintain a 90 degree angle with your forearm.  
 Slowly allow the weight to return back to the starting position.

10 Sets / 3 Reps



**9. Box jumps on/off**

Start Position is standing in front of a box or step with your feet shoulder width apart.  
 Perform a short squat in preparation for jumping at the same time swinging your arms behind you.  
 Rebound out of this position, extending through the hips, knees, and ankles to jump as high as possible.  
 Swing your arms forward and up. Land on the box with your knees bent, absorbing the impact through the legs. Jump off the box landing on the balls of the feet and heels absorbing the impact through the knees and hips.

10 Sets / 3 Reps / 10 sec duration



**10. Change of direction – agility – sidestep and reach - advanced**

Place four cones in a straight line on the ground in front of you, equidistant apart, as shown in the diagram.  
 When ready, turn 90 degrees so that the cones are to your side and sidestep to touch the second cone then back to touch the first.  
 Next, sidestep to touch the third cone then back to touch the second.  
 Finally, turn and sprint to touch the fourth cone.  
 Repeat.