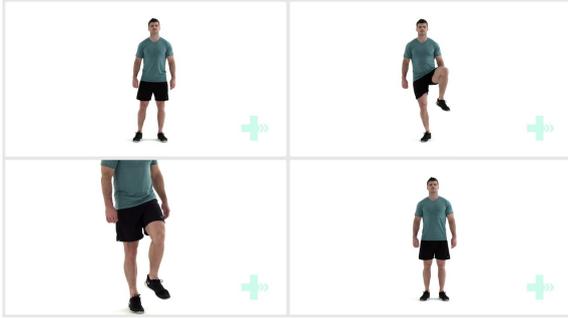


ACT

2 Sets / 10 Reps



### 1. Lateral hip rotation

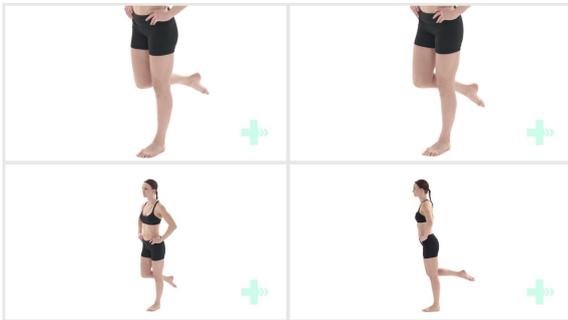
Stand tall with your feet hip-width apart, your knees slightly bent and your hips back.

Lift one knee into the air and laterally rotate your hip.

Repeat the movement with your other leg.

Continue alternating the movement to complete the set.

2 Sets / 10 Reps



### 2. SLSq

Stand near a wall or table for support if you need it.

Balance on your affected leg.

Keeping the heel on the ground, bend your knee, ensuring the knee travels directly forwards over your toes.

Straighten back up fully, and repeat the movement.

2 Sets / 10 Reps



### 3. Single leg bridging

Lie on your back.

Bend one leg upwards, placing the foot on the floor.

Draw your other leg up to the same position, maintaining a hips width between your legs.

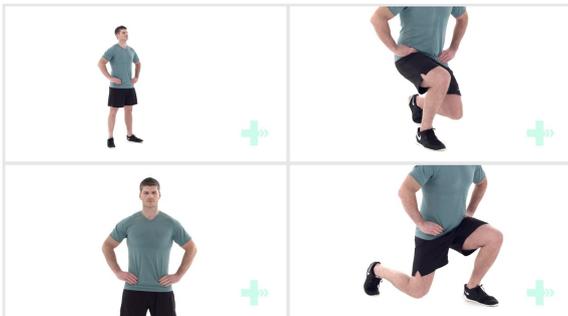
Lift one foot slightly off the floor.

Using the effort of your remaining foot, lift your hips up into a bridge until you have a straight line from your shoulders to your knees.

Lower back down and repeat.

Keep your pelvis level throughout this exercise.

2 Sets / 10 Reps



### 4. Lunge

Stand upright with your legs at shoulder-width apart and your hands on your hips with the fingers facing in towards your stomach.

Take a medium sized pace forward and then enter into a lunge by lowering your body downwards using your legs.

Allow the forward knee to bend until your thigh is parallel to the floor making sure you keep your back straight.

Return to the starting position by springing up off the front leg.

Repeat for the other leg.

Keep your abdominals tight and your feet shoulder-width apart throughout the exercise.

Perform this exercise at a slow controlled pace.



### 5. Abdominal crunch in table-top position

Lie on your back with your knees bent and feet flat on the floor. Bring your legs up to a table-top position, with your hips and knees at 90 degrees. Cross your arms over your chest and tuck your chin to your chest. Using your abdominal muscles, curl your upper body off the floor. Control the movement back down, keeping your chin tucked in. You may find it helps to push your tongue into the roof of your mouth. Repeat this movement.