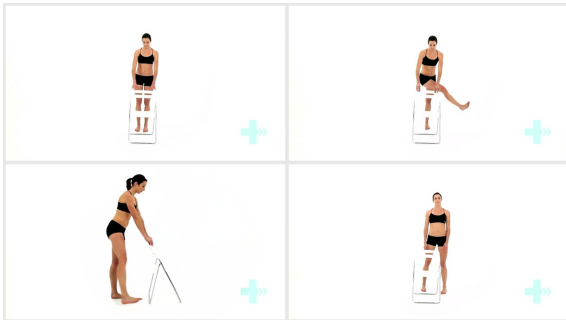


ACT

1 Set / 10 Reps / 10 sec duration



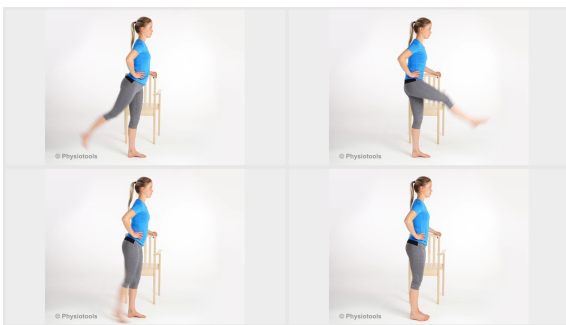
1. Lateral leg swing

Hold on to something for stability.

Swing one leg out to the side and back across the mid-line of your body.

This is a good exercise to warm up your hips and IT bands, especially if you are a runner.

1 Set / 10 Reps



2. Leg Swings Forwards and Backwards with Support

Start by standing. Lift one leg off the floor and take support if needed.

Swing the leg backwards and forwards. Keep the movement relaxed.

1 Set / 10 Reps



3. Standing hip external rotation

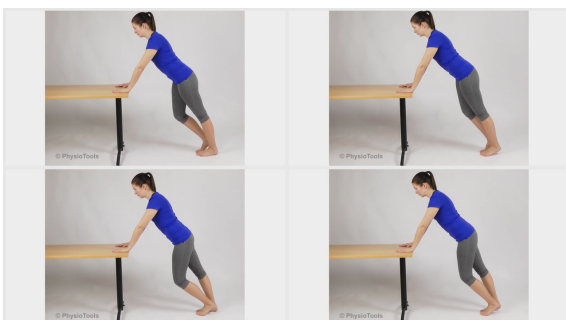
Stand tall with feet hip width apart and hands on hips.

Lift your knee up and turn it out to the side opening the hip. Circle the hip around bringing your foot close to the starting position but not resting it onto the floor.

Repeat this movement.

If able, perform this on the other side as well.

1 Set / 10 Reps



4. Dynamic calf stretch

Stand tall and lean forwards, supporting yourself using a table or a wall. Keep your body as a straight line.

Stretch your calf muscles by pressing (pumping) your heels towards the floor in turn, keeping your knees straight.