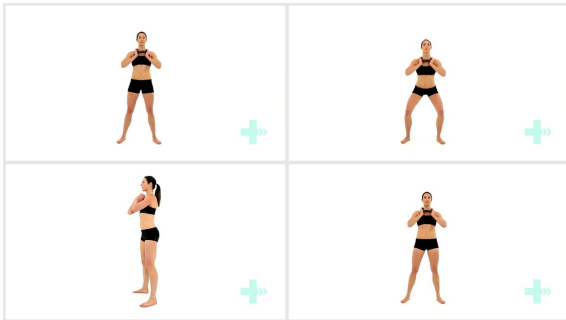


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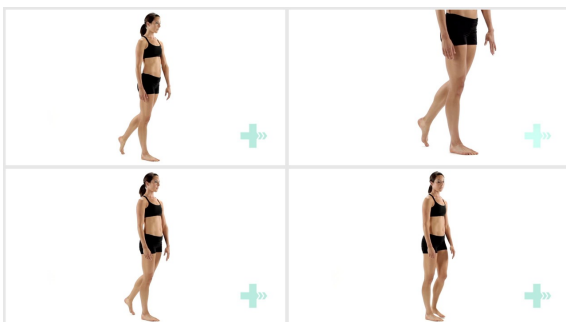
2 Sets / 10 Reps / 2kg weight



### 1. Goblet squat with weights

Hold on to the dumbbell, keeping it close to your chest.  
Step your feet wide apart and turn the toes out slightly.  
Drop down into a deep squat position, dropping your hips straight down past 90 degrees, keeping your feet on the floor.  
Control the movement back to the start position.

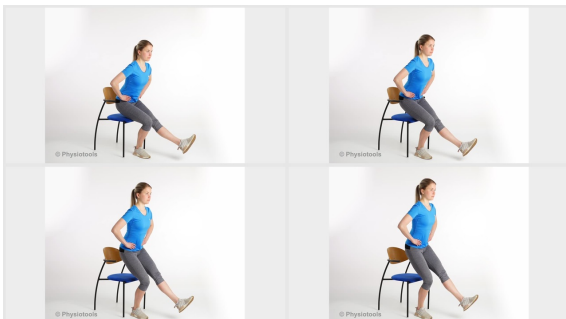
2 Sets / 10 Reps / 1 s hold



### 2. SL toe touches

Stand on your affected leg.  
Keeping your balance, bend over and touch your toes with your opposite hand.  
Control the movement as you return to the start position and repeat.

2 Sets / 10 Reps



### 3. Eccentric Single Leg Squat to Chair

Start by sitting on a chair.  
Stand up and lift one leg off the floor. Using the other leg sit back down controlling the movement.  
Remember to maintain hip-knee-toes alignment.

2 Sets / 10 Reps / 1 s hold



### 4. Hamstring bridge

Lie on your back with your heels on the floor and legs bent only a little.  
Squeeze your buttocks, roll your pelvis off the floor and straighten your hips. Hold for a moment and then return to the starting position.



### 5. Bulgarian Split Squat (version 2)

Start by standing with a chair behind you (approximately arm length away). Lift one foot on the chair with the hip extended.

Squat straight down and push back up. You can lift your arms forward for balancing.

Note. Maintain the hip-knee-toes alignment.

2 Sets / 10 Reps / 1 s hold



### 6. Bilateral calf raise on step

Stand up straight on a step.

Place the step in front of a wall, or close to a rail for support.

Walk your feet backwards so that your heels hang off the back to the step.

Keeping your knees straight, rise up onto the balls of your feet.

Control the movement as you lower your heels back down and repeat the movement.

2 Sets / 10 Reps



### 7. Lateral lunge

Start by standing with your feet hip-width apart.

Take a long step to the side with one leg and squat down. Keep the other leg straight, and trunk upright. Push your hips back and ensure your knee is aligned above your ankle.

Push back up and in a controlled manner return to starting position.