



1 rep, 1 set

1. Supine single leg air cycling

Lie on your back, propping yourself on to your elbow if you prefer. Bend the legs, keeping your feet flat on the bed. Lift one foot and bend the knee in towards your chest. Begin a cycling motion with your leg, making circles with your foot. To increase the difficulty, make the circles bigger. Relax this leg and repeat with the other.



1 rep, 1 set, 1 s hold

2. Bridging - Simple

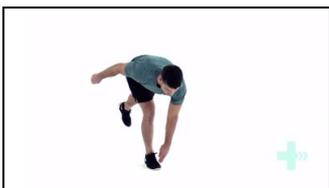
Lie on your back with your knees bent and your feet flat on the floor. Gently tilt your pelvis as if you are imprinting your lower back into the floor and lift your hips up into the air while still holding your pelvis level. Hold in the bridge position before you then lower, keeping your navel drawn in and slowly lowering your spine back down onto the floor, one vertebrae at a time. Keep your buttocks tight, until your pelvis rests back down on the floor.



1 rep, 1 set

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.



5 reps, 3 sets

4. Balance and reach

Start position is standing with one leg just behind the other at shoulder width apart. The forward leg is the stance leg and the rear leg is one large pace behind the body with the heel raised and toes lightly touching the floor. Stretch the rear leg backwards whilst counter-balancing with a forward lean of the trunk, and at the same time reach forward with the arm on the same side as the rearward leg and try to touch the floor. The stance knee should remain centred over the ball of the foot, do not let the knee waiver from side-to-side. Switch legs and perform the same movements for the other side, if the right leg is stretched back then the right arm is reaching forward.



1 rep, 1 set

5. Resisted single leg deadlift

Stand on one end of a resistance band with your affected leg, the leg should be slightly bent. Hold the other end of the band with two hands near your chest. Lean forward while extending your other leg backwards. Return to the starting position in a slow and controlled movement. Do not turn your knee inwards during this exercise. If this exercise goes well, you can ask someone to provide extra resistance by trying to pull your knee slightly inwards with an extra elastic band.



6. Kettlebell dead lift

Stand with your feet a large pace apart and the kettlebell on the floor in front of you. Move down into a full squat grasp the kettlebell and then drive your body upwards through your heels. As you raise upwards keep the kettlebell close to your body in a goblet grip with your hands and the weight facing downwards. The movement out of the squat must be a forceful fluid motion using both your legs and hips as one unit and not as individual stages. Keep your back and chest straight and head up, gaze looking forward as you rise and squeeze your buttocks together at the top of the movement. Move back down into the squat and ground the kettlebell at your feet.

1 rep, 1 set, 2lbs weight



7. Rear foot elevated hip flexor/quads stretch

Rest your leg to be stretched on a chair behind you. Make sure your stance leg is far enough in front of the chair that when you drop down your front knee does not travel over the toes. Drop your hips straight down, keeping your chest and head up. You will feel a stretch in the thigh of the back leg, and the effort of the exercise in the front leg.

1 rep, 1 set, 1 s hold



8. SLSq eyes closed

Balance on your affected leg, do not allow your legs to rest against each other. Lift your arms out to the side for balance. Close your eyes and hold in this position. Bend and straighten the stance knee. Repeat the movement trying to stay as steady as possible. Open your eyes and return to the neutral position.

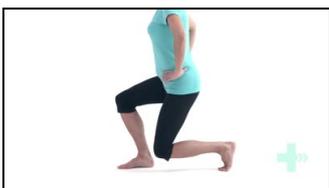
1 rep, 1 set



9. Lunge - forward with support

Forward lunges work to strengthen the quadriceps muscle in the front of the thigh that is important for walking. Stand straight with your arms to the side or on your hips and hold on to a chair for balance. Take a step forwards on one leg and then drop your hips directly down between both feet, bending both knees. Push back up to the starting position and repeat on the other leg. Keep your body upright and straight throughout the movement.

1 rep, 1 set



10. Lunge - forwards, without support

Forward lunges work to strengthen the quadriceps muscle in the front of the thigh that is important for walking. Stand straight with your arms to the side or on your hips, have a chair close by for support if required. Take a step forwards on one leg and then drop your hips directly down between both feet, bending both knees. Push back up to the starting position and repeat on the other leg. Keep your body upright and straight throughout the movement.

1 rep, 1 set



1 rep, 1 set

11. Lunge around the clock

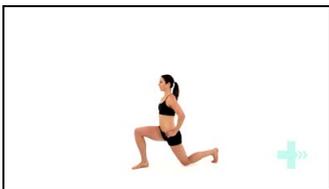
Start position is standing upright with the legs one pace apart and the hands in the ready position. Perform a full forward lunge by taking a large pace forward so the thigh of the front leg is perpendicular to the trunk and the rear leg is stretched out with the toes on the floor, keep the trunk upright and the abdominals tight. The body core and lunge stretch position should be maintained for all lunge movements in this exercise, the body remains facing forward throughout. Return back to the starting position and remain facing forward and then using the same leg, repeat the lunge at 45 degrees towards the right, this means the lunge leg is at the 2 o'clock position in relation to the body. Then return to the start position, and repeat with the same leg taking the leg into a rearward lunge to end at a 4 o'clock position. Return back to the starting position and then still facing forward and using the same leg stretch it behind you into a lunge so the leg ends up at the 6 o'clock position and the body is still facing forward. Return to the start position and repeat the sequence for the other leg going in an anti-clockwise rotation. Starting at the 12 o'clock position then moving back through the sequence to the 10 o'clock, 8 o'clock and finally 6 o'clock positions.



5 reps, 3 sets

12. Lunge corkscrew

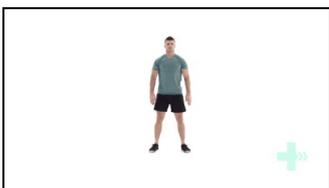
Start Position is standing upright with the legs one pace apart. Standing still move one leg a medium sized pace to the rear, crossing it over behind the forward leg a slight rotation should occur through the hips and trunk. Leaving the legs in place, rotate the trunk to face forwards and then sink into a squat. A stretch will be felt in the glutes of the forward leg. Return to the starting position by pushing upwards off the front leg. Perform 5 repetitions with each leg.



1 rep, 1 set

13. Lunge alternate jumping

Stand in a lunge position, with legs in a wide stride and both knees at ninety degrees. Jump up and switch legs, landing back in the opposite lunge. Notice how your hips drop straight down towards the floor in the lunge, and your knees travel directly forwards over your toes.



1 rep, 1 set

14. Jump forwards and backwards

Stand with your feet hips width apart and your knees slightly bent. Jump forwards, landing with your legs in a slight squat. Spring back, landing on the spot you started on. Make sure you land lightly on the balls of your feet, controlling the landing between jumps.



1 rep, 1 set

15. Jump on the spot

Stand up straight with your legs hips width apart. Bend your knees and lean forwards a little, pushing your hips back behind you. Push firmly through the balls of your feet to jump up into the air. Control the movement as you land. The ball of your foot should reach the ground first, then your heels. Bend your ankles and bend your knees.



16. Jump off step to single leg landing

Stand on a step with your legs hips width apart. Bend at the knees and hips, and spring up into the air. Land softly on your affected leg, ensuring your bend your ankle, knee and hip.

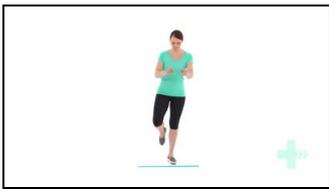
1 rep, 1 set



17. Jump on-off Bosu

Stand up straight with your legs hips width apart. Bend your knees and hips, keeping your back straight as though you are coming down into a squat. Jump up and onto the rounded side of the Bosu, exploding through the balls of your feet, your knees and your buttock muscles. Control the landing by taking the load through the balls of your feet, bending at the ankles, the knees and the hips. Immediately jump back up forward, landing on the floor on the other side of the Bosu. Aim to land back in a squat position with your back straight. Turn around and repeat this sequence, jumping up directly from the squat.

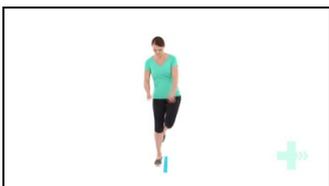
1 rep, 1 set



18. Hop - forwards and backwards over a line

Stand up straight behind a line on the floor. Transfer your weight onto your affected foot and lift your unaffected foot from the floor Hop forwards over the line landing lightly on your foot and then immediately hop backwards over the line. Repeat

1 rep, 1 set, 10 sec duration



19. Hop - side to side over line

Stand up straight with a line on the floor to your side. Transfer your weight onto your affected foot and lift your unaffected foot from the floor Hop sideways over the line landing lightly on your foot and then immediately hop back over the line. Repeat

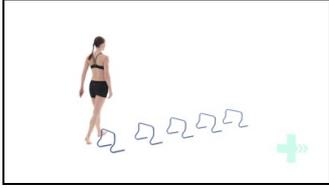
1 rep, 1 set, 10 sec duration



20. Hop - figure of 8 around the grid

Stand up straight with a four square grid on the floor in front of you. Start in the back left square of the grid. Transfer your weight onto your affected foot and lift your unaffected foot from the floor Hop diagonally across to the square to your front right landing lightly on your foot. Immediately hop across the line to your left side then diagonally across to the square to your back right and finally across the line to your left side in quick succession. Repeat.

1 rep, 1 set, 10 sec duration



21. Hop forwards over hurdles

Lay some hurdles out evenly in a line with a stride size space between them. Stand at one end facing the hurdles and stand on one leg. Hop up and over the hurdle, exploding through your legs, and landing softly with your knee and hips bent and your back straight but leaning forwards. Hop back up and over the next hurdle from the squat position. Continue this movement until you reach the other end. The aim is to spring quickly off the floor between each hurdle, minimising your time on the floor.

1 rep, 1 set



22. 2 jump 1 back over hurdles

Lay some hurdles out evenly in a line with a stride size space between them. Stand at one end facing the hurdles and bend down into a squat. Jump up and over the first two hurdles, exploding through your legs, and landing softly with your knees and hips bent and your back straight but leaning forwards. Jump backwards over the last hurdle from the squat position. Repeat this sequence jumping forwards over two, then back over one. The aim is to spring quickly off the floor between each hurdle, minimising your time on the floor.

1 rep, 1 set