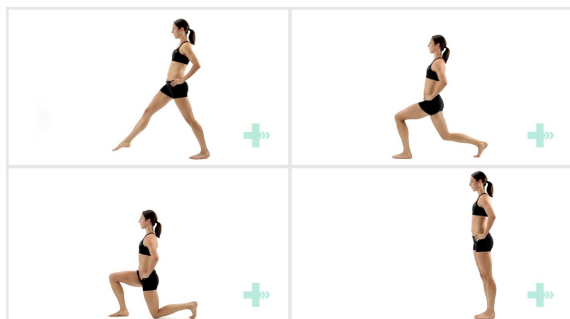


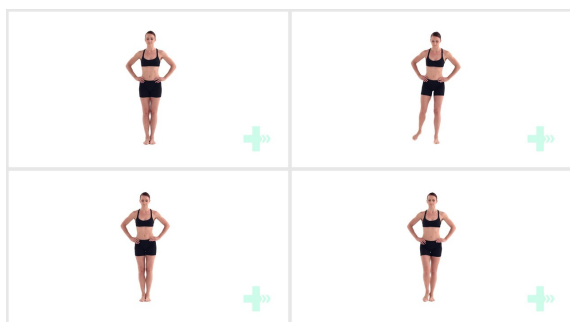
3 Sets / 10 Reps



### 1. "Lunge, forward" Lower body strengthening (alternate); 04

Stand straight with your arms to the side or on your hips.  
Take a large step forwards on your affected leg, then drop your hips directly down between both feet, bending your hips and knees to a 90 degrees.  
Push back up to the starting position, and repeat.  
Make sure you take a large enough step that your front knee does not travel over your foot, and ensure your knee travels directly forwards.  
Keep your body up straight throughout the movement.

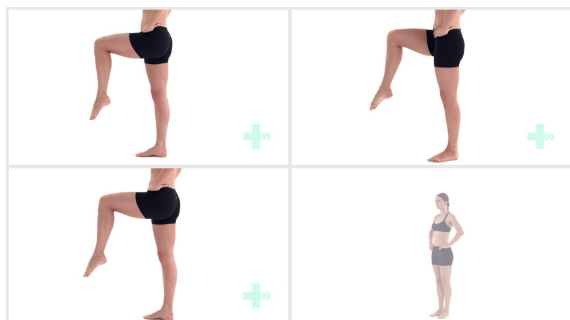
3 Sets / 10 Reps



### 2. "Lunge around the clock" Lower body strengthening - facing forward; 02

Stand straight and lunge forwards to the 12 o'clock position on one leg, lowering yourself down so that your hips and knees are at 90 degrees.  
Push yourself back up to the stance position and then move into a lunge to the 1 o'clock position, repeating the same technique with your legs.  
Push back up from this position to the stance position, and continue lunging to every number on the clock.  
Change legs at 6 o'clock.

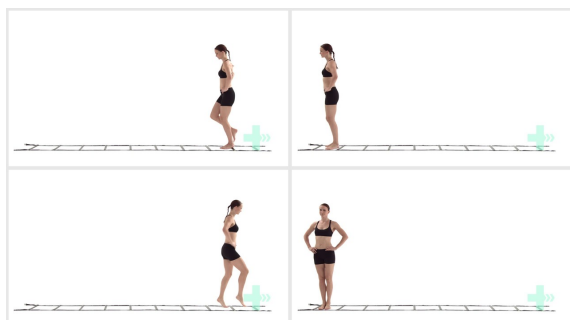
3 Sets / 10 Reps



### 3. "Balance, single leg" Hopping from one leg to the other, lifted leg 90/90; 01

Stand on one leg with your other hip elevated at 90 degrees.  
Spring up off the floor, landing softly on your other leg, and the first leg elevated to 90 degrees.  
Control your balance before you hop back to the initial leg and repeat.

3 Sets / 6 Reps



### 4. Ladder running forward leading same leg each square - facing down ladder; 01

Lie a drill ladder on the ground.  
During this exercise you will put both feet in each square.  
When you change direction, lead with the other leg.  
Start off at a steady pace, picking your feet up off the floor quickly and landing on your toes.  
Build the speed with each length.  
You can do the same drill travelling backwards and travelling sideways.



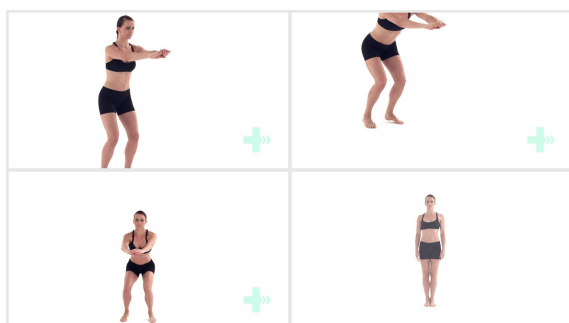
### 5. "Balance, single leg" Marching 1-2-3 hold on mini-trampoline; 01

Stand on a trampette.

March on the spot and count "1-2-3".

Hold at the third step for 2 seconds, and then repeat.

At the completion of each sequence alternate the balance leg for the 2 second holding period.



### 6. Plyometrics jumping forward/backward, arms forward both legs; 01

Stand with your feet together and your knees slightly bent.

Jump forwards, landing with both feet together and 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.