



## Single Limb Squat

Stand on one leg and slowly lower into a squat position. Stick your butt out keeping the knee centered over the ankle. repeat until fatigued.

Repeat 15 Times  
Hold 1 Second  
Complete 3 Sets



## EXERCISE BALL - HAMSTRING CURLS

While lying on the floor, place an exercise ball under the heels of your feet.

Repeat 15 Times  
Hold 1 Second  
Complete 3 Sets

Next, raise up your buttocks and then bend your knees to draw the ball towards your buttocks.



Keep your buttocks elevated off the floor the whole time.



## Single Leg Deadlift

Extend right leg behind you until you, hinging from hip. This is not a squat!

Repeat 10 Times  
Complete 3 Sets

Keep left knee slightly bent and hip in straight forward alignment.

Repeat sets on both legs.



### Side stepping

Place resistance band around your knees. Step to the side, keeping your trunk as still as possible. Keep toes pointing straight ahead or slightly inward.

Repeat 15 Times  
Complete 3 Sets



### LATERAL PLANK

While lying on your side, lift your body up on your elbow and feet. Try and maintain a straight spine and whole body alignment.

Repeat 1 Time  
Hold 1 Minute  
Complete 3 Sets



### SLB Posterior Lateral Reach

Position: Stand on one leg with knee slightly bent. Maintain good posture.

Action: Stand on leg and reach back and to the outside with other leg in the posterior lateral as far as you can, as if following the numbers on a clock, without losing balance.

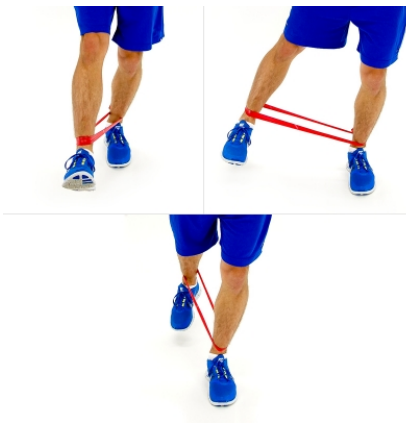
Repeat 15 Times  
Complete 3 Sets



### PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.

Repeat 1 Time  
Hold 1 Minute  
Complete 3 Sets



## SINGLE LEG ELASTIC BAND KICKS

Start with an elastic band looped around your ankles and standing on your target leg.

Next, move your other leg as to stretch the band in a forward direction for a set, to the side and then backward. Maintain balance on the target limb the entire time, hanging on as needed. No locked knee.  
Keep trunk straight and stable.

Repeat 10 Times  
Complete 3 Sets