



### 1. Pilates single leg circle

Lie on your back with your legs straight and arms in a T position, palms facing upwards. Bend one knee and extend your leg up to the ceiling, Dorsi-flexing your foot. Plantar-flex your other leg and press it firmly into the mat. **INHALE:** bring your raised leg across towards the other leg and circle it around **EXHALE:** repeat the motion in the same direction. Perform the required number of repetitions and change direction and repeat with the other leg. Keep your shoulders and pelvis stable as you circle your leg.

1 rep, 1 set



### 2. Core activation - stability ball transfer

Lie flat on your back holding a stability ball in your hands stretched out on the mat above your head. Bend in the middle, bringing your legs up, and transfer the ball to your feet before stretching back out flat on the floor. Bend again in the middle, bringing your legs and arms up, and transfer the ball back to your hands before stretching flat out on the floor again.

1 rep, 1 set



### 3. Bridge floor marching

Lie on your back with your legs bent and feet flat on the floor. Lift your hips up in to a bridge, driving the movement with your buttocks. March one leg, and then the other, keeping your pelvis up and level throughout the exercise.

1 rep, 1 set, 1 s hold



### 4. Side plank split feet

Lie on your side. Support your weight on your forearm, with your elbow just below your shoulder, and put one foot in front of the other with your toes pulled up. Place your other hand on your side. Raise your body off the floor and take the weight on your elbow and feet. Make sure to tuck in your navel and pull your shoulder blades back and down. Keep your body straight by pulling an imaginary line from your legs through your spine. Make sure your pelvis does not rotate forwards or backwards.

1 rep, 1 set, 1 s hold



### 5. Plank

Lie on your front with your toes on the floor. Place your forearms on the floor and push up, lifting your torso and legs. Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging. Keep your buttocks squeezed and your hips level. You will feel the core muscles working.

- Superset 1: bicep curls, front lunges and plank hold 1 min

1 rep, 1 set, 60 s hold



### 6. Prone alternate arm-leg lift

Lie on your front with your head in a neutral position. Extend your arms straight out in front of you. Simultaneously lift one arm and the opposite leg, clenching your buttock muscles and your abdominal muscles to maintain stability in your body. Keep a neutral alignment with your head throughout the movement. Lower the arm and leg together, then repeat with the other pair.

1 rep, 1 set

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### 7. Child pose

Get onto your hands and knees, and drop your buttocks back onto your heels. Stretch your hands forwards, dropping your head between your shoulders towards the floor. You will feel this stretch through your back and upper arms.

5 reps, 1 set, 5 s hold

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### 8. 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.

- Put band around top of front knee and band will be trying to pull the knee INWARDS. Use glutes to keep knee outwards\*\*\*\*

15 reps, 1 set

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### 9. 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.

1 rep, 1 set

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