



### 1. Core activation - single leg fall out

Lie on your back with your legs bent and feet flat on the floor. Engage your core stability and pelvic floor muscles, then lower one leg fall out to the side. The key is to maintain a level pelvis, using your core to prevent it rotating with the movement of your leg. Control the movement back to the start position and repeat.

1 rep, 1 set



### 2. Transversus abdominus with alternate leg extension

Lie on your back with your knees bent and your feet flat on the floor. Place your hands on your lower tummy just inside your hip bones. Gently tighten your tummy muscles, pulling your belly button in towards your spine. You should feel your back flattened on to the floor. Do not hold your breath. Without moving your body or pelvis, slowly straighten one leg out on the floor, then move it back in. Relax and repeat with the other leg.

10 reps, 1 set, 1 s hold



### 3. Table top alternate LL lowering

Lie on your back and bring your legs up to a table-top position with your hips and knees at a right angle. Relax your upper body as you extend one leg down to the floor, whilst maintaining the table-top position with the other. Bring this leg back up and repeat with the other leg. Ensure you keep your core strong and back flattened to the floor throughout this exercise.

10 reps, 1 set



### 4. Bridge with ball squeeze

Lie on your back with your knees bent and your feet flat on the floor. Take a ball and squeeze it between your knees. Maintaining this squeeze throughout the entire exercise, lift your hips up keeping them level. Continue to squeeze as you lower back to the start position.

- Superset 3: scaption, squat jumps, bridge. No need for ball- leg pulses

10 reps, 3 sets



### 5. Lower trunk rotation

Lie on your back with your knees bent and your feet flat on the floor. Extend your arms out to the sides and keep your shoulders on the mat at all times. Keeping your knees together, drop them down to one side, rotating your torso. Return to the starting position and allow your knees to fall to the opposite side. Only drop your knees as far as you go comfortably. You may want to hold the stretch on each side.

1 rep, 1 set, 1 s hold



### 6. Bird dog with UL and LL square

Start in a kneeling position with your hands under your shoulders, and knees under your hips. Your back should be flat and your gaze between your hands. Tighten your pelvic floor and core stability muscles, tensing your abdominal muscles. Holding this position, raise one arm and the opposite leg, straightening them away from one another. Ensure your back remains flat. Holding this position, make a fist with your elevated hand, then simultaneously draw a square with your hand and foot. Move your limbs out, down, in and up.

1 rep, 1 set

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### 7. Kneeling plank with hip extension

Lie on your front with both knees bent. Lift your body up onto your forearms, ensuring your elbows are under your shoulders. There should only be a slight angle at your hips. Holding this position, lift the knee of your affected leg off the floor, pushing the sole of your foot up towards the ceiling. Hold this position before you lower it back down to the starting position, and then repeat.

1 rep, 1 set, 1 s hold

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### 8. Single leg balance with squat and heel raise

Start from a neutral standing position. Shift your weight to the same side as the affected ankle. Balance on this leg. Bend the other knee and lift this foot off the floor. Spread your arms for balance and take a moment to stabilise. Bend the knee on the leg you are standing on and then straighten this leg and lift using your toes. Lower back down until your foot is flat on the floor. Repeat twice more and then return to the neutral standing position.

1 rep, 1 set

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