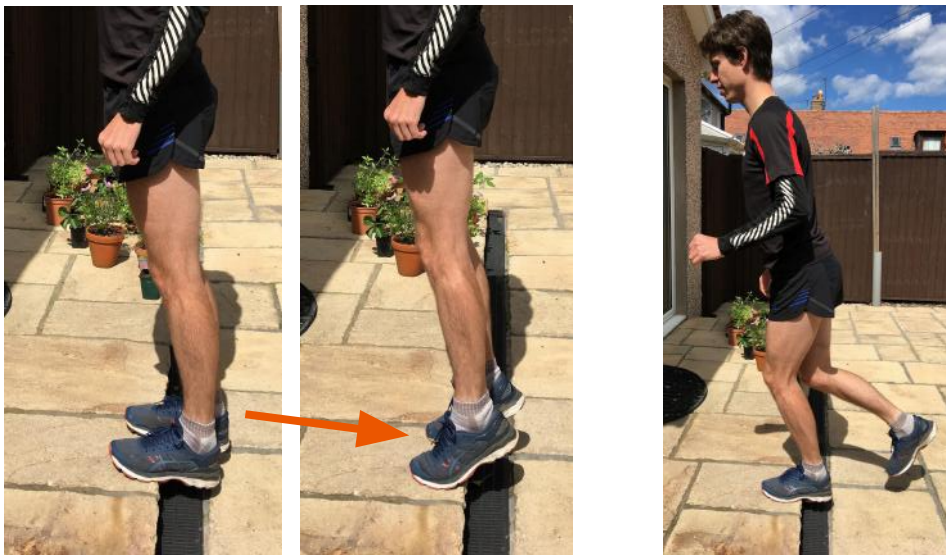


Calf raises

Either on a step/stairs/textbook, or just on the floor



Key Points:

- **Slow & controlled** - both going up and especially lowering down
- Try to keep everything aligned - don't let the ankles or knees go in/out
- Keep **hips level** (if single leg)

Adaptations/Progression:

- Use a wall for **balance** if needed
- Try the exercise with a **single leg** or with **eyes closed**
- Perform the exercise with a **bent knee** - this will further work the soleus (lower calf) muscle

Glute Bridge



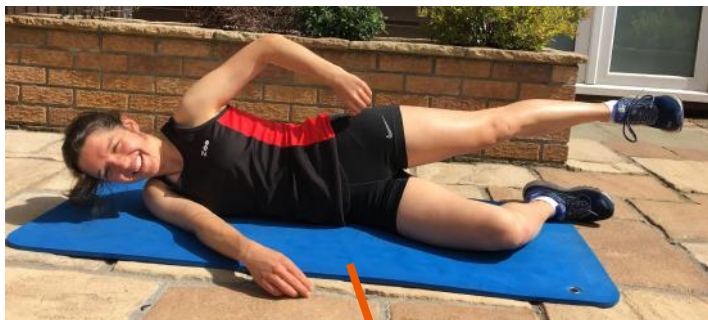
Key Points:

- Really think about **squeezing the glutes** - try and push hips to the sky
- When raising and lowering movement = slow + controlled

Progression/variation:

- **Single leg raise and lower**
- **'March' between legs**
make sure to **keep hips level**
- **Increase distance between ankles and bum** - the further away, the more it will load the hamstrings

Side glute raise



Key Points:

- Make sure shoulders & hips are stacked on top of each other
- Work within own range of movement
- Keep the leg slightly back - don't let it come out in front (then using hip flexors not glute med)

Progression/variation:

- **Hold the leg still** in the elevated position for 30 seconds
- Next, in the elevated position, keeping a straight leg **make small circles with the foot** for 30 seconds, changing direction halfway

Lunge

Classic exercise many variations!



Key Points:

- Aim for **90 degrees** at hip, knee & ankle - knees over ankles - adjust stride length to achieve this
- Don't let the knee fall inwards
- Concentrate on the push-back, try to stay balanced between lunges if you can, come up to a running 'A' position
- Add in arm movement

Progression & variations:

- **Once in position, raise & lower**
- Try **reverse lunge** - stepping backwards instead of forwards
- If you have space - **walking lunge**, move forward each step
- **Add a twist** in the lunge position - challenge your balance
- Lunge with your **arms overhead** - again challenging balance
- Lunge onto an **unstable base**

Single leg balance



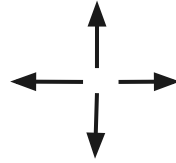
Key Points:

- Keep a slight knee bend in the standing leg, don't let the knee fall inwards or outwards
- Make sure to **keep hips level**
- Choose your challenge level from below

Progression/adaptations:

- Use wall for balance
- Add **running arms** swings
- **Close your eyes**
- Stand on a wobble cushion or an uneven surface

Hopping



Key Points:

- Make sure to 'stick' the landing - start with small distances
- Make sure knee doesn't fall in/out

Progression/Adaptation:

- Step from leg to leg + balance
- Hop further!
- Add a hurdle

Deadbug



Key Points:

- **Slow and controlled** - lower for count of 4, lift over a count of 2
- Make sure to keep your **back flat against the mat** - don't let it arch
- Keep breathing normally

Progression/adaptations:

- **One limb at a time** - arm or leg
- **Double arm/legs** - lower both legs and both arms at the same time

Bicycle crunch



Key Points:

- Slow and controlled
- Try and lift shoulder/back fully off the ground

Progression/adaptations:

- Rest legs on the ground
- Slow as possible

Superman



Key Points:

- Remember about **neutral spine** and **neutral pelvis**
- Keep your **hips & shoulders level** - imagine you have tray of drinks on your back
- Slow & smooth movements
- Arm and legs parallel to the ground

Progression/variations:

- **One limb at a time** - arm or leg
- Add some pulses in the back leg - engaging the glutes
- Meet knees and elbow under your body
- **Instead of table-top, superman but starting in a plank position**

Toe touches



Key Points:

- Legs as straight as you can
- Crunch up as far as you can

Progression:

- Bent legs or legs on floor
- Add in a leg raise
- Many different crunch-based exercises for variety: standard crunch, sit-up, reverse crunch, V-sits etc. etc.