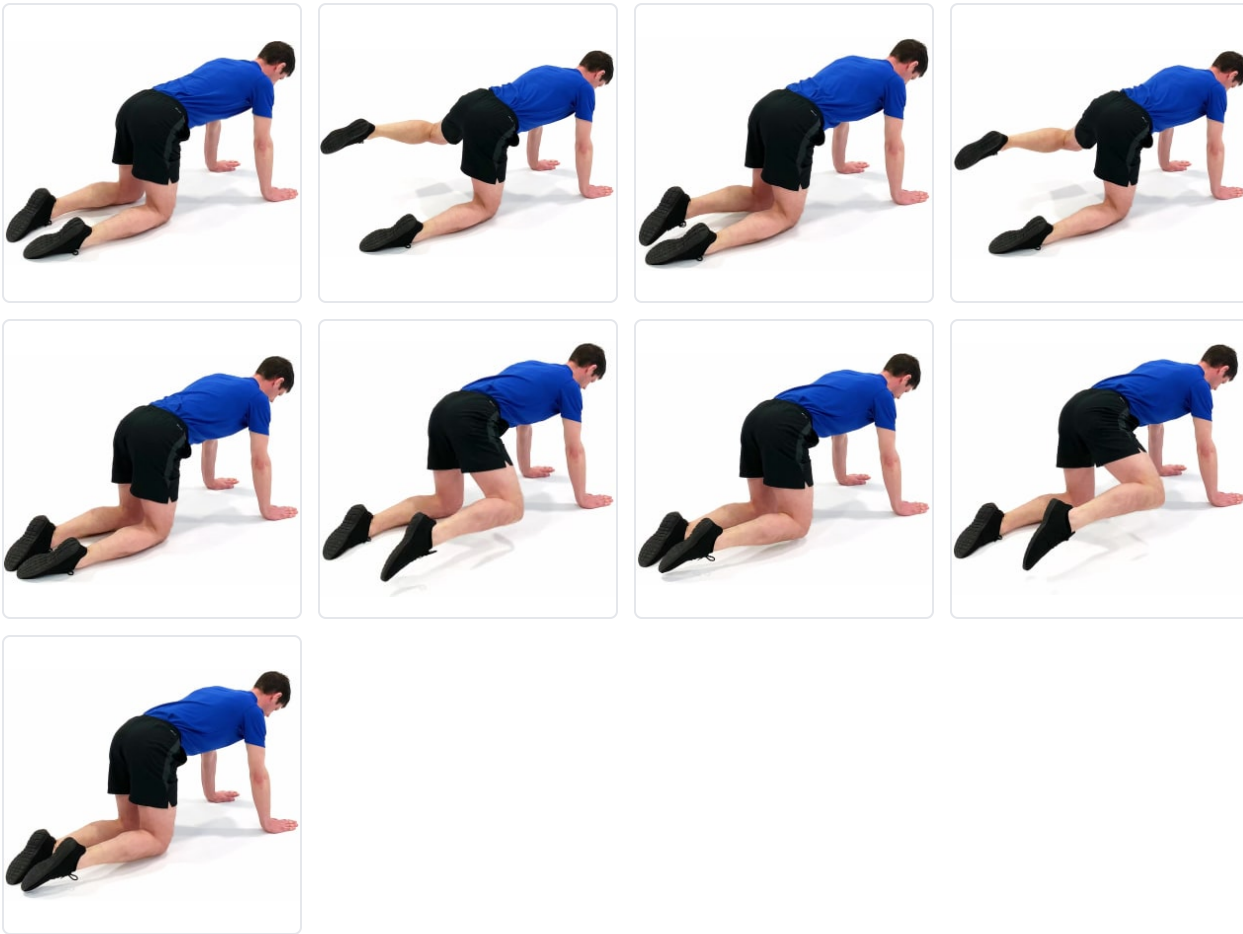


Walk 2 Run 1

Hip Abduction in Four point Kneeling



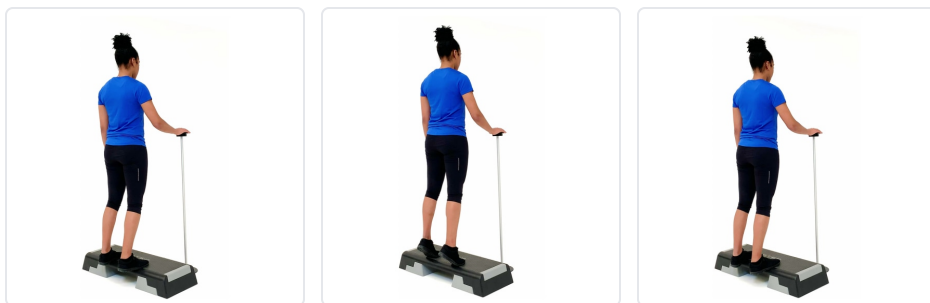
Description

- From a four-point kneeling position lift your left leg outwards leading with the knee
- Pause and return to the start position
- Repeat as advised then swap sides and lift the opposite side in the same sequence

Sets: 2

Reps: 10

Heel Raise



Description

- Place the forefeet on a step and hold something to balance
- Lower the heel as far as possible
- Raise the heel as high as possible

Sets: 2

Reps: 10

Lunge



Description

- Stand with your arms across your chest
- Take a large step forward and lower your body toward the floor keeping the knee above the floor
- Drive the hips up to standing

Sets: 2

Reps: 10

Square Balance - 4 Point



Description

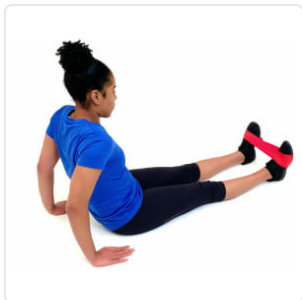
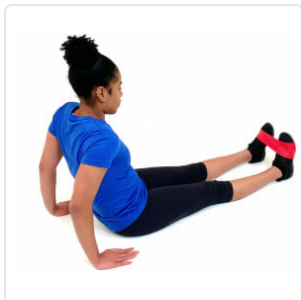
- Stand on one leg with 4 markers set out as pictured
- Reach with your other foot to hover above each marker one after the other
- Maintain your balance and keep the knee pointing forward

Sets: 2

Reps: 5 goes round

Note: That's 2 sets per leg

Eversion Against Resistance



Description

- Wrap a resistance band around the foot to pull the ankle inwards
- Turn the foot out against the band
- Hold for the prescribed time then control the foot inwards

Sets: 2

Reps: 10

Time: 10 seconds hold