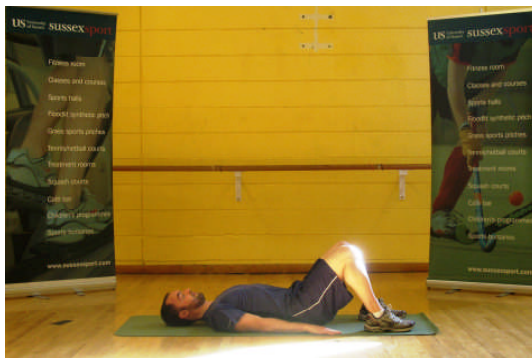


## Lower Body

### Exercise One: Glute Bridge

Lying on your back hands by your side, head on the floor. Position your feet shoulder width apart close to your glutes, feet facing forwards. Place a theraband/mini band around your knee, \*place the pelvis in neutral, squeezing through the glutes, push the heels into the ground, toes pointing up in the air. Push out against the theraband/mini band, maintain hip, knee and ankle alignment. Push the hips up until the knees, hips and shoulders are aligned. Hold this position for 10s and then lower back to the floor.

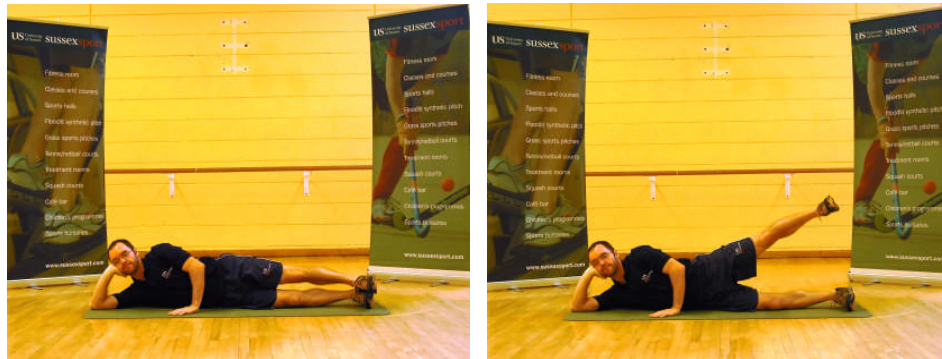
\*Neutral Pelvis – to familiarise yourself with the neutral pelvis position. Stand side on to a mirror. Now place your hands on top of your pelvis. Have a slight bend in your knees and tilt (rotate) the pelvis towards the floor. Now slowly roll your pelvis backward, dropping your coccyx (tailbone) to the floor. Now find a place half-way between the extremes. When you are in a neutral position your anterior superior iliac spine (ASIS) front of the pelvis and back (Posterior Superior Iliac Spine – PSIS) are level.



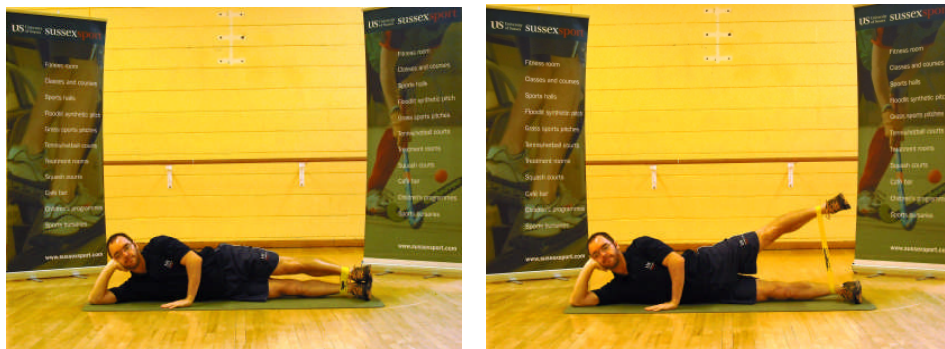
## Exercise Two: Side Leg Raises

Lying on your side, ankles, knees and hips directly above each other. Ensure the pelvis is lengthened, this reduces the muscles being recruited from the lower back. Lift the leg up in the air, 1-2 feet and return. The leg must stay directly above the leg on the floor. Perform the movement under control.

### Level One – no theraband/mini band



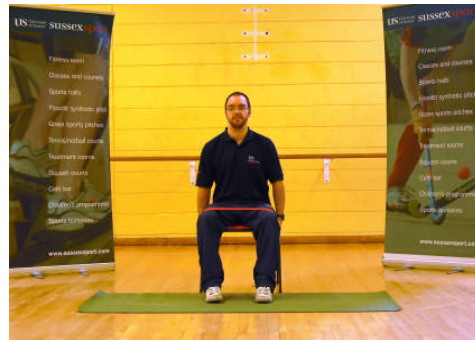
### Level Two – place a thereband/mini band around the ankles



## Exercise Three: Clams

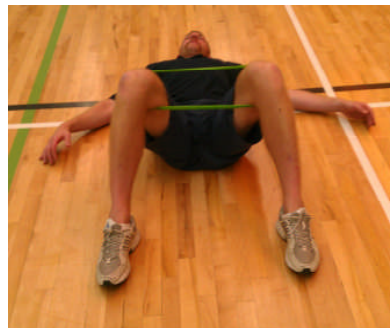
### Level One: Seated

Sitting in a seat, neutral spine, core engaged. Place a theraband/mini-band around both feet and positoin just above the knees, place your feet hip width apart. Push out against the theraband/mini-band, concentrate on activating your glutes, keep your feet shoulder width apart and toes pointing ahead. Avoid rotating the hips or leaning forwards to increase your range of movement. As you push the knees out, take them just outside of hip width. Avoid rotating the ankles to increase your range of movement (feet should stay flat on the floor).



### Level Two: Supine – start with no mini band then progress to a mini band

Lying on your back, feet shoulder width apart, theraband/mini-band placed just above the knees. Hands by your side, keeping your feet flat on the floor, start with your knees touching, avoid rolling the ankles in/out (feet stay flat on the floor). Push out against the theraband/mini-band until your knees are out to hip width (alignment ankles, knees, hips). Under control return to the start.



### Level Three: Lying – start with no mini band and progress to a mini band

Lying on your side on the floor, keep both knees bent and flex the hips 30 degrees. Keep the heels in line with the hips. Keep your heels touching and keeping the pelvis still, open your knees by contracting your glute medius. Ensure the hip does not rotate to increase your range of movement. The hips should stay aligned (directly above each other) and the heels stay in contact with one another.





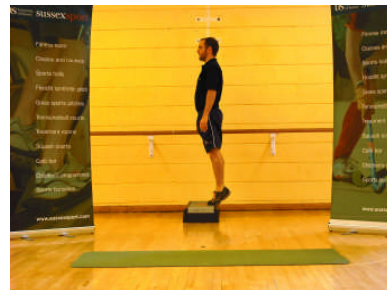
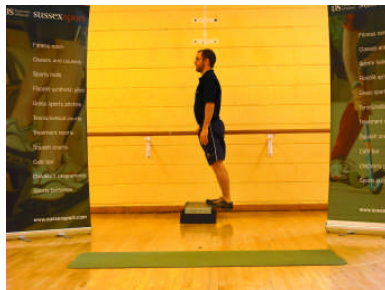
## Exercise Four: Heel Raises

Stand on the edge of a step, lift up onto your toes and then drop your heels down over the edge of the step, below parallel. This strengthens and stretches the calves. Perform the movement with a slight bend at the knee joint and stand tall, core engaged, slight bend at the knee joint.

**Level One** – one foot at a time.



**Level Two**



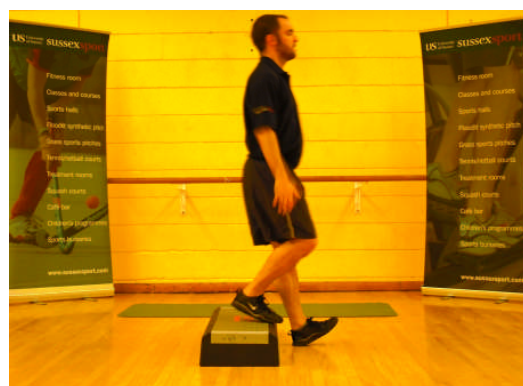
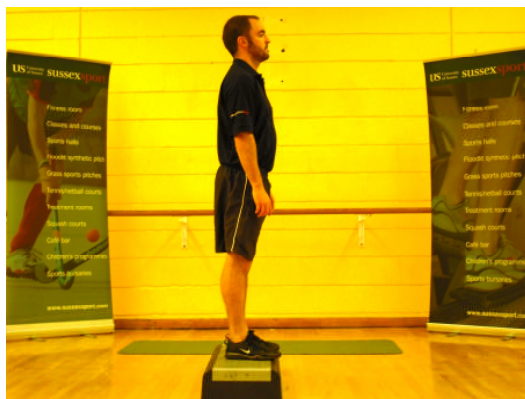
## Exercise Five: VMO (Vastus Medialis Oblique)

**Level One - Seated**

Sitting in a seat. Quickly contract the quadriceps as fast as you can and then relax. Avoid pushing your glutes up off the seat (squeezing through the glutes, hamstrings).

**Level Two – Step Down**

Place a box/step (height 6-10 inches) on the floor, stand on top of the box. Step one foot down onto the floor, this foot should be placed heel down toes up. The opposite heel should rise up, but the toes remain in contact with the step. Lower the heel back down onto the step and push back off this leg (leg with foot in contact with the step) and bring the other foot back onto the step. Make sure the knees track over the toes.



### Exercise Six: Squats

Body weight squats are looking at depth and technique. Start shallow and increase the depth. Brace the abdominals and hip hinge (start the movement from the hips – push the hips back first). The pictures below show a change in depth as you are squatting and touching further down the BOSU ball.



### Exercise Seven: Penguins

#### Linear

Start with the theraband/mini-band around your ankles/knees. Place feet shoulder width apart, brace the abdominals, hip hinge and take a few steps forwards, keeping the feet shoulder width apart, do not let them come any closer. Each foot should move forwards 2-3 feet. Retrace your steps, stepping backwards back to the start.



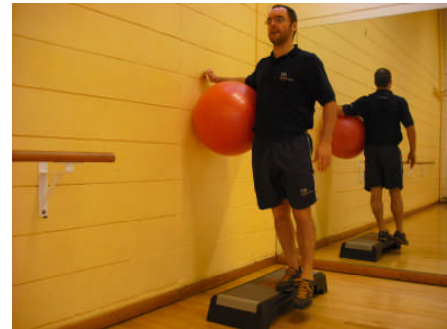
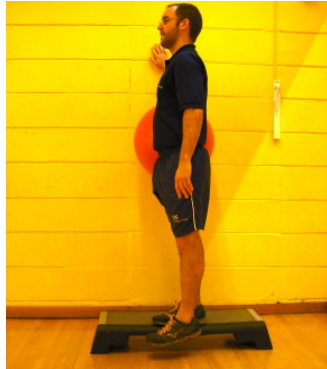
#### Lateral

Start with feet shoulder width apart, band positioned just above the knees/around the ankles. The band should be stretched but not tight. Hip hinge to switch on the glutes. Shift your weight to one leg and take a step laterally (sideways) with the other foot, about 2-3 feet. Shift your body weight to the moved leg and bring the other foot in to shoulder width (no closer). Perform 6 – 8 repetitions leading with the one leg and then switch and side and move back to the start.



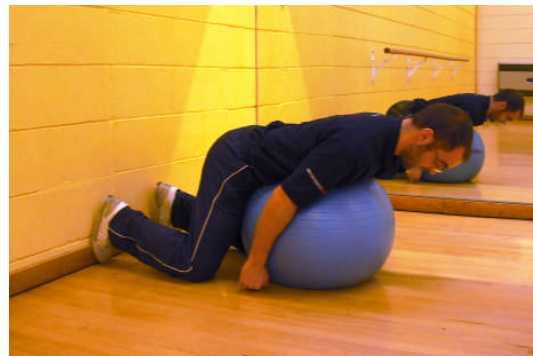
### Exercise Eight: Hip Hike

Standing with a stability ball/fit ball pushed up against the wall into your hip, hips aligned. Lift the hip directly up (nearest the wall). Avoid rotating the pelvis either forwards or backwards. Keep the shoulder blades aligned, brace the core and keep spine neutral. Glute medius will be working on the stationary leg.



### Exercise Nine: Superman

Relax face down over a stability ball, core engaged and spine neutral (parallel to the floor). Position your knees on the floor and feet against the wall, spread about 1 ½ times hip width apart. Brace the abdominals and push off against the wall, using the glutes. Hands stay down by the side, as you push through the glutes (extending the legs) the arms should move up parallel to your side and six inches out. (not resting on the ball), keep the shoulders down and squeeze between the shoulder blades. Reverse the movement to return to the start.





### Exercise Ten: Side Planks

Lay on your side with the left forearm on the floor, directly below the shoulder, elbow bent fingers point away. Rest the right arm straight down the right side. Keep your left foot on the floor, place the right foot on top and raise your body off the ground. Hold for a set period of time (aim to build up to 60 seconds).

#### Level One



#### Level Two



#### Level Three



### Exercise Twelve: Adductor Squeeze

Whilst seated place a football/netball (soft ball) between your legs. Keep the legs positioned so they are squeezing against the ball, toes facing straight ahead, hip width apart. Gently squeeze your thighs together, the contraction should be slow and controlled. (Use a pilates ring if available).



### Exercise Thirteen: Single Leg Balance

Standing in-front of a mirror, raise one leg off the floor and balance. Keep the pelvis and shoulders aligned, contract the glutes to stabilise yourself on one leg. Maintain hip alignment. To increase the intensity take your trainers off. To further increase the intensity try closing your eyes.



### Exercise Fourteen: Balance Board

Standing on the balance board, with your feet around shoulder width apart, brace the core, have a slight hip hinge. Tap from left to right, right to left, forward to back, back to front.

### Exercise Fifteen: Ankle

Practice writing the alphabet using your ankles and toes. Keep the foot in mid-air as you perform the alphabet. Complete on the left and right foot.



### Exercise Sixteen: VMO Activation

Seated on the floor, bring one foot up to your glutes and place on the floor (foot flat on the floor and knee near the chest). Slightly lean forwards, rotate the foot on the straight leg out slightly to a 45 degree angle. Tighten the thigh muscle (quadricep), pause for 1 second and lift the straight leg up off the floor 1 inch and hold for 5 seconds. Lower to the start and repeat.

