

## 1. Abduction & Adduction



Place feet wide and breathe out as you bring knees in, breathe in as you roll knees out. Roll with the feet.

**2X 10 repetitions**

## 2. Foot Circles & Point Flexes



**Circle out x10**

**Circle inwards x10**

**Point x10**

**1 each side of 3 movements X 10 repetitions**

### **3. Lying Lateral Leg Raises**



**Lift top leg up & down x10.  
Push lower leg into floor x10, keeping top leg raised.**

**2 each side X 10**

### **4. Frog**



**Lie on back, knees bent and place soles of feet together and  
allow knees to drop open.**

**1 X 60 seconds hold**

## 5. Hip Cross Over Stretch



Arms outstretched, palms up, place foot over top of opposite bent knee and rotate until foot is on floor.

1 each side 60 seconds hold

## 6. Cats & Dogs



All Four's position, lift and lower spine.

1 X 10

## **7. Opposite Leg & Opposite Arm Reach**



**Start in all four's position. '5' count hold, controlled movement.**

**1 X 10**

## **8. Upper Spinal Floor Twist**



**Start in foetal position with pelvis stacked (90/90/90). Open up top arm towards floor and use lower arm on front of knees to keep knees together & hips in line.**

**1 each side 60 seconds hold**

## 9. Pelvic tilts



**Arch back forward and then use abs to flatten against floor.  
Relax upper body!**

**1 X 10**

## 10. Free Crunches with Obliques



**Keep knees up & bent slightly forward from the hip. Keep  
elbows back & only raise the shoulders. Curl up and twist  
elbow diagonally to opposite knee. Change top leg and repeat**

**1 X 25**

## 11. Active Bridges



**Check alignment. Keep palms up and lift hips up until a straight line is created through the knees, hips & shoulders.**

**1 X 10**

## 12. Free Crunches



**As before without cross over.**

**1 X 25**

### **13. Kneeling Groin Stretch**



**Keep knees at 90/90. Ensure shoulder blades are pulled down & back.**

**1 each side 60 second holds**

### **14. Sitting Femur Rotations**



**Sit upright, chest lifted, feet wide apart, toes pulled back. Roll the pelvis forward to create an arch in the lower back. Roll feet in and out keeping the quads tight. Widen legs before repeating 2<sup>nd</sup> set.**

**2 X 10 repetitions**

## **15. Modified IT Band Stretch**



**Keep knees bent and palms up. Cross one leg over the opposite knee and roll the body over in the direction of the top leg.**

**1 X 60 seconds holds each side**