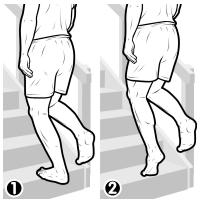


### WEIGHTED SINGLE-LEG ROMANIAN DEADLIFT

Standing holding dumb-bells, with your front leg slightly bent (1). Bend forward at the hips keeping your spine straight and knee slightly bent (2). Use your hips to extend yourself back to the start position. Repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: 2-3 x week

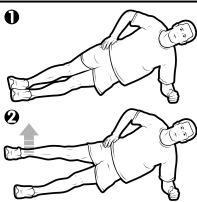


### SINGLE-LEG SOLEUS RAISE

With the ball of your foot on the edge of a step, knee bent and opposite leg bent up (1), slowly rise up onto your toes as far as you can while maintaining the bend at your knee (2). Slowly lower and repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: 2-3 x week

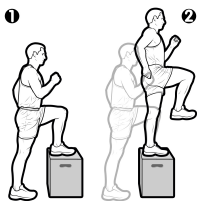


### SIDE PLANK LEG LIFTS

Side-lying with your elbow directly under your shoulder and feet on the floor, raise your hips up until your body and legs form a straight line (1). Concentrate on keeping your spine in a neutral position and contracting your lower abdominals. Maintain this position as you raise and lower your top leg (2).

SETS & REPS: 3 x 10-15

FREQUENCY: 2-3 x week



### STEP-UPS: HIGH STEP

Stand facing a plyometric box with one foot on the box (1). Activate your gluteal muscles and maintain a neutral pelvic position as you step up, loading your weight through your heel, and drive your opposite knee towards your chest until your hip is flexed to 90° (2). Slowly lower yourself back down off the box to return to the start position and repeat. Alternate sides.

SETS & REPS: 3 x 10-12

FREQUENCY: 2-3 x week



### FOAM ROLLER MASSAGE: CALF MUSCLE

Sit on the floor with your legs straight and the foam roller placed under your calves. Cross one leg over the other. Support yourself on your hands and raise your hips off the floor. Use your arms to gently roll your leg back and forth over the roller the full length of your calf, concentrating on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week



### FOAM ROLLER MASSAGE: PIRIFORMIS

Sit on the foam roller with one leg crossed over the other with your ankle resting on your opposite knee. Lean your weight over onto the buttocks of your crossed leg, supporting yourself with your arm, and gently roll back and forth over the roller, concentrating on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week



### FOAM ROLLER MASSAGE: HIP FLEXORS

Lie on your side with the foam roller placed under your hip flexor, directly below your hip bone. Support your weight with your arms and gently rotate your body over until your hip flexor muscle is fully in contact with the roller. Using your arms and top leg, gently roll yourself back and forth over the roller, concentrating on any tight and tender areas.

SETS & REPS: 2-3mins

FREQUENCY: 3-4 x week