

Augusti

8-15 repetitioner 3 set



1. Single Leg Hip Raise

Lie supine with knees bent 90°, heels on the floor and arms at the side. Lift one leg off the ground and keep it elevated. Lift your pelvis off the ground by extending your hip with the other leg. Keep your pelvis stable during the movement.



2. Side-Lying Hip Abduction

Lie on your side on a mat and lay one arm under your head. Lift your top leg straight up towards the ceiling and lower it slowly back down again.



3. Single leg squat 1

Stand on one leg with your arms straight, in front of you. Your passive leg may be put behind your active leg for support only. Bend your knee 90 degrees and push back up. Keep your back straight and look ahead throughout the movement. Repeat with opposite leg.



4. Bulgarian Split Squats on chair

Start on one leg and with the centre of gravity right through your body. Distribute most of your weight to the back of your foot. The other leg should rest on a chair and be stable during the whole exercise. By focusing on your stomach and the lumbar region of your back, keep your trunk stable during execution.

Perform a split squat by letting your upright body sink down towards floor. Stop the movement when you reach 90 degree flexion in the knee. Return to the start position by pushing down through your heel and extend your leg. Your trunk and hip should ascend upwards and forwards, fully engaging your hip and leg.

Breathe in on your way down, hold your breath at the lowest part of the movement and breathe out on your way back up.



5. Skating Jump

Stand with your hands in your sides. In turns, jump laterally back and forth on each leg.

