

8-15 repetitioner 3 set



1. 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.



2. One legged hip thrust on bench

Put your shoulders against a bench, keep the seat and one leg on the floor. Let your arms rest on the bench, extend the hips by tightening the seat muscles. Lower the seat back down and then repeat the exercise.



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. Cossack Squat

Stand with widely spread legs. Sit down over one heel, while the other foot remains straight. Hold your back straight and press your knee outwards. In the bottom position your toes may be rotated to enable you to come deeper down in the position.



5. Single Leg Jump Forward and Backward

Stand on one foot. Jump forward and perform a controlled landing with your knee slightly bend. After regaining balance and control, do a jump backwards. Repeat back and forth.

Sets: , Reps:

