

Juni

8-15 repetitioner 3 set



1. The Clam w/head support

Lie on your side and support your head with one hand. Pull your legs up slightly, so that both your knees and hips are bent. Raise the upper knee and rotate the leg outward while keeping your legs together. Repeat on the opposite side.

Sets: , **Reps:**



2. Single Leg Squat w/support

Stand behind a chair on one foot, place one hand on the backrest as support. Lower yourself down by bending your hip and knee. Make sure you keep the weight on your heel. Extend your hip and knee to get back to starting position.



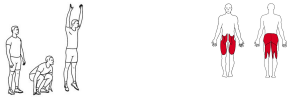
3. Hip Thrust

Place your shoulders/ upper back on a chair and cross your arms in front of your chest. Your feet should be positioned on the floor with a 90 degree bend in your knees. Lower your buttocks toward the floor and move your hip up as far as you can by flexing your buttocks. Slowly lower again and repeat.



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. Vertical Squat Jumps

Start in a standing position. Bend the knees so that you touch the ground with your hands. Jump with maximal power from the squat position and reach the arms above your head.

