1. Stability ball circuit 03084
   - 2-3 sets. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control.

2. Side lying stabilization hip abduction 04423
   - 2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control.

3. Prone alternating hip flexion 06014
   - 2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

4. Arm-leg raise stabilization 04972
   - 2-3 sets. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control.

5. Supine arm-leg raise 04822
   - 2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control.

6. Stability ball bridging leg raise 04185
   - 2-3 sets on each side. Build up to 10-15+ reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control.

7. Hopping balance 01528
   - 3 sets on each leg. Build up to 5-10+ reps. Hop forward/back/right/left/centre. Focus on a stable landing, with limited knee and ankle movement and strong core control around the hips.

8. Jumps balance 01321
   - 3-5 sets. Build up to 5-10+ reps. Jump as high as possible. Focus on a stable landing, with limited knee and ankle movement and strong core control around the hips.

9. Lateral bound balance 01430
   - 3 sets on each leg. Build up to 5-10+ reps. Hop left and jump; Focus on a stable landing, with limited knee and ankle movement and strong core control around the hips. Hop right and jump.

10. Band hip ER 01145
    - 2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS.

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.