

## 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.