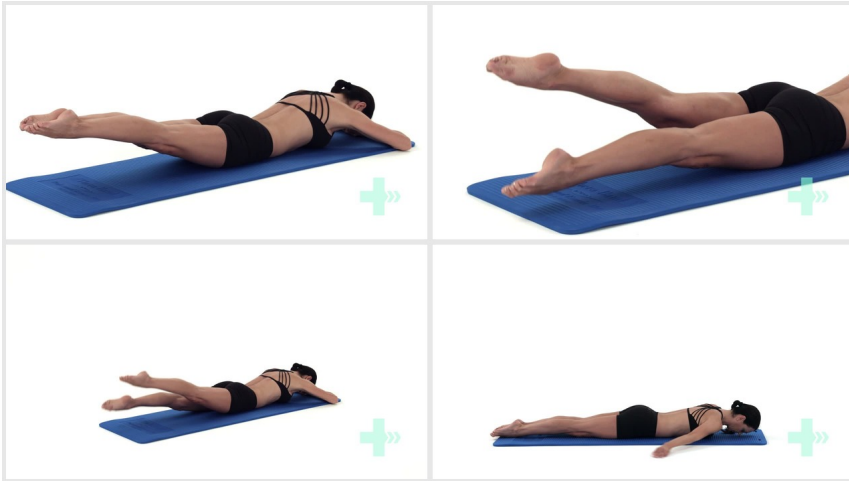


1. Pilates swimming level 1

1 Set / 1 Rep



Lie in the prone position with your forehead resting on your hands and your legs lifted just off the mat, with your feet Plantar flexed (pointed).

INHALE: alternate lifting your right and left legs for 5 changes

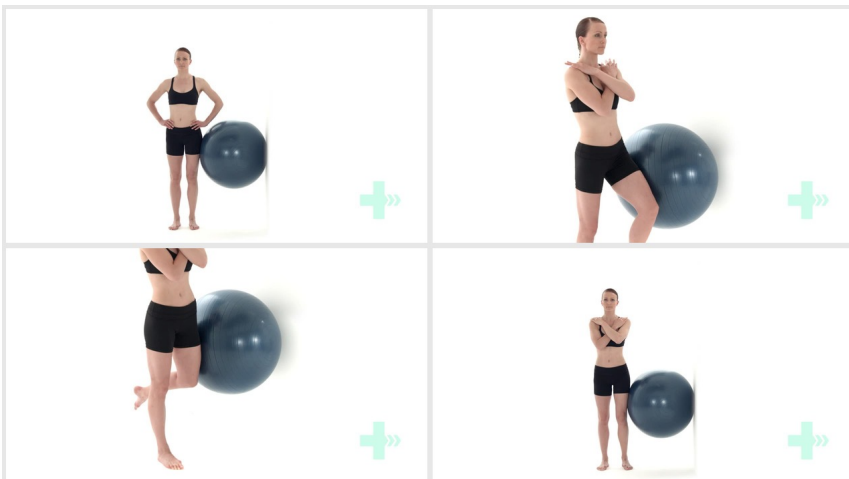
EXHALE: alternate lifting your left and right legs for 5 changes

Alternate your legs and keep your upper body absolute stable.

Gradually increase the pace of your leg movements as you progress through the exercise.

2. Gluteal abd strength with ball against wall and hip flex/ext [08065]

5 Sets / 20 Reps



Stand side onto the wall with the ball between your thigh and the wall.

Press the ball up against the wall using your thigh and hip muscles and then lift your leg off the floor with your knee bent and gently push the ball against the wall with this thigh.

In this position, cross your arms and move the leg that is holding the ball forward and as far backward as possible by moving through the hip.

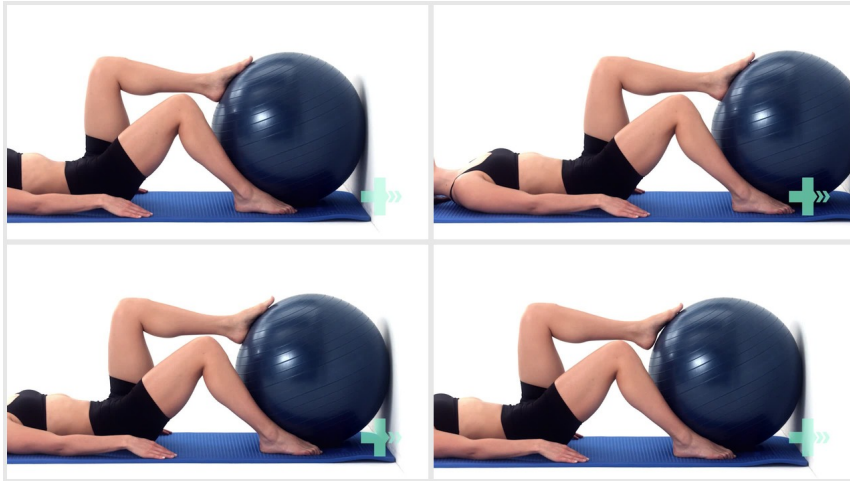
Keep your hips square and your pelvis and lower back stable.

As you move the ball backwards, be sure not to change the position of your lower back.

Repeat and then swap legs.

3. Static gluteal activity against ball [09020]

10 Sets / 10 Reps / 10 s hold



Lie on your back with a stability ball against a wall.

Place the sole of the foot on your affected leg against the ball with your knee around 90 degrees.

Your other foot should be flat on the floor with your knee bent.

Activate your core stability muscles and push your heel into the ball, tightening the buttock muscles on this side.

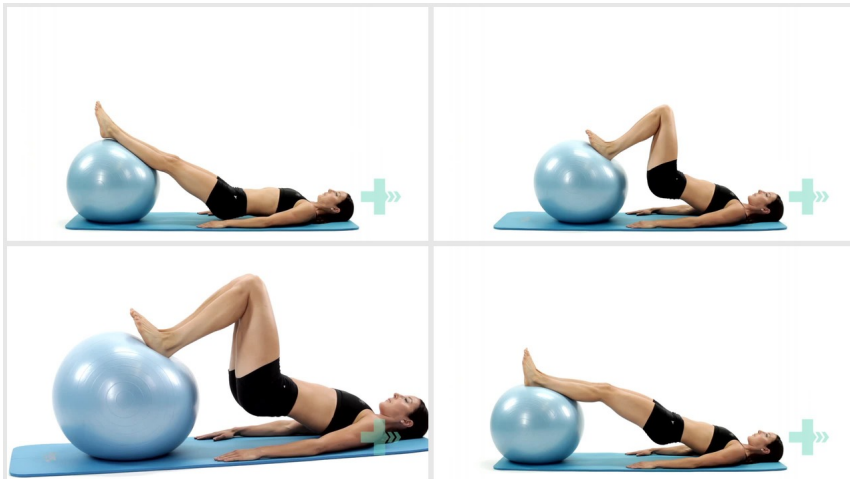
Try to keep the back of your thigh as relaxed as possible.

It helps to think about trying to push the ball away by straightening from your hip rather than your knee.

Remember to keep your upper body relaxed.

4. Bridge with bilateral hamstring curls on ball

5 Sets / 20 Reps



Lie on your back with the ball placed underneath your heels.

Lift your hips up off the floor keeping the legs straight.

Holding this position, bend your knees and roll the ball in towards you, applying constant pressure on the ball with your heels.

Your hips remain level, they do not tilt.

Roll the ball back out, straightening your legs but keeping your hips up, and repeat.

5. TRX glute bridge

5 Sets / 20 Reps



Lie on your back underneath the lengthened TRX straps and place your feet into the handles.

Your knees should be bent.

Lie your arms by your side and tighten your abdominal and buttock muscles.

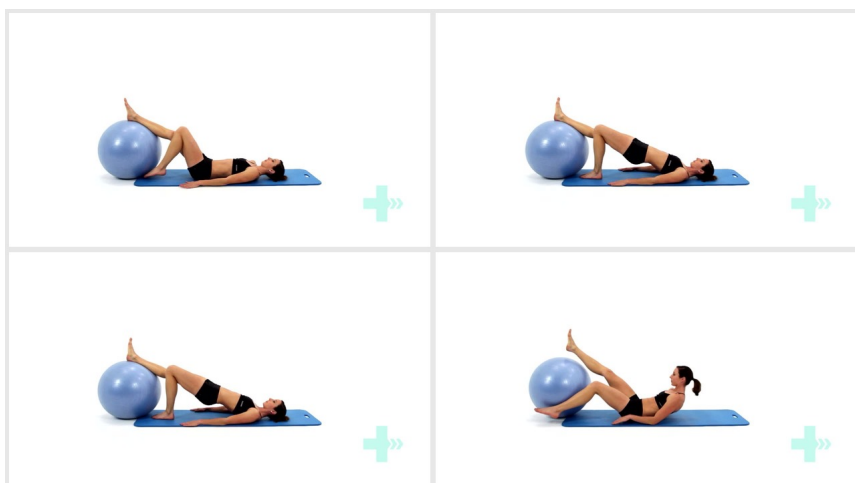
Lift your hips up into the bridge position until you have a straight line from your shoulders to your knees.

Control the movement as you lower your hips back down to the floor.

To make this harder, cross your arms over your chest.

6. Unilateral hip extension

5 Sets / 20 Reps



Lie on your back with your good leg on the ball.

Bend the other leg with the foot on the floor.

Lift your hips up off the floor until you achieve a straight line from your shoulders to your knee, driving the movement with your buttock muscles.

Control the movement back to the start position, keeping your core tight and hips level throughout the movements.

7. Alternate leg extension prone over a gym ball

5 Sets / 10 Reps / 10 s hold



Kneel on the floor with a stability ball in front of you.

Roll forwards over the ball until you are lying on it with the ball under your hips.

Make sure your hands are on the floor under your shoulders.

Keep your feet on the ground.

Slowly lift one leg out straight behind you so that your leg is in a straight line with your back.

Do not arch your back.

Lower your leg back down and repeat with the other leg.

8. Backwards bridge on ball [09240]

5 Sets / 10 Reps / 10 s hold



Lie with your middle back resting on the ball and your feet flat on the floor hips width apart.

Cross your arms over your chest.

Engage your core muscles and tighten your buttock muscles to lift your hips up into the bridge position.

To make the exercise harder, walk your feet further away from the ball but only do this if you can maintain good control.

9. Back extension on ball with hands behind head

5 Sets / 20 Reps



Lie down with your upper thighs and pelvis over a fitness ball.

If needed use a partner to hold your feet on the floor.

Place your hands behind your head and move down slowly bending from your trunk, and then return back upright until your shoulders, hips, knees and ankles are aligned.

10. Bridge on step

5 Sets / 20 Reps / 2 s hold



Lie on your back, with your legs bent and feet on a step.

Ensure your legs are hips width apart.

Tighten your buttock and abdominal muscles, and press your heels into the step.

Lift your hips up, so that your weight is on your shoulders.

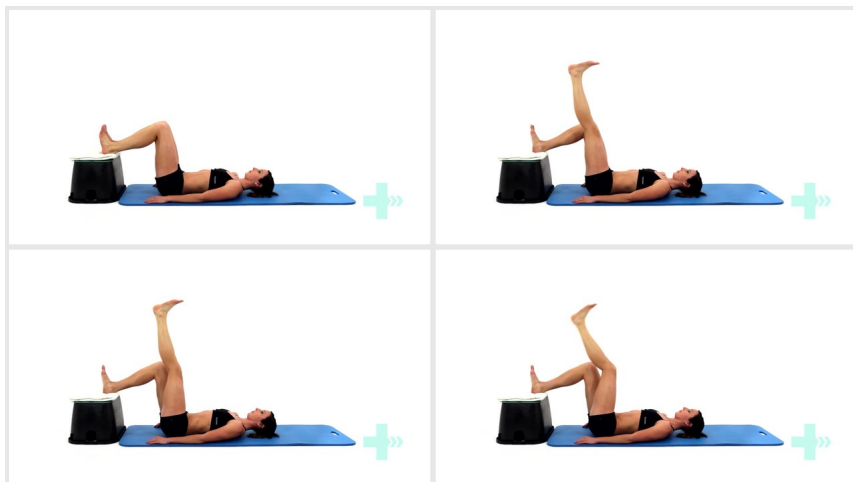
There should be a straight line from your shoulders to your knees.

Control the movement back to the start position.

Notice how your hips stay level throughout this movement.

11. Bridge single leg on step

5 Sets / 20 Reps



Lie flat on your back, with your heels elevated on a step.
Keep your affected heel on the step, lift the other leg up.
Press your heel into the box and lift your hips up, so that your weight is on your shoulders.
Control the movement back to the start position.
Notice how your hips stay level throughout this movement.

12. Cable hip extension

5 Sets / 20 Reps / 2lbs weight



With the cable attached at the lower position, attach the cuff to your ankle.
Take the strain of the weight and stand facing the machine.
Have a slight bend in both knees.
Begin to kick your leg backwards until you feel a strain in your glutes.
Slowly, under control, allow your leg to return back to the starting position.
Repeat for the required number of repetitions and then perform with the other leg.

13. Cable hip abduction

5 Sets / 20 Reps / 2lbs weight



With the cable attached at the lower position, attach the cuff to your outer ankle.

Take the strain of the weight and stand sideways to the machine, your legs should be slightly crossed.

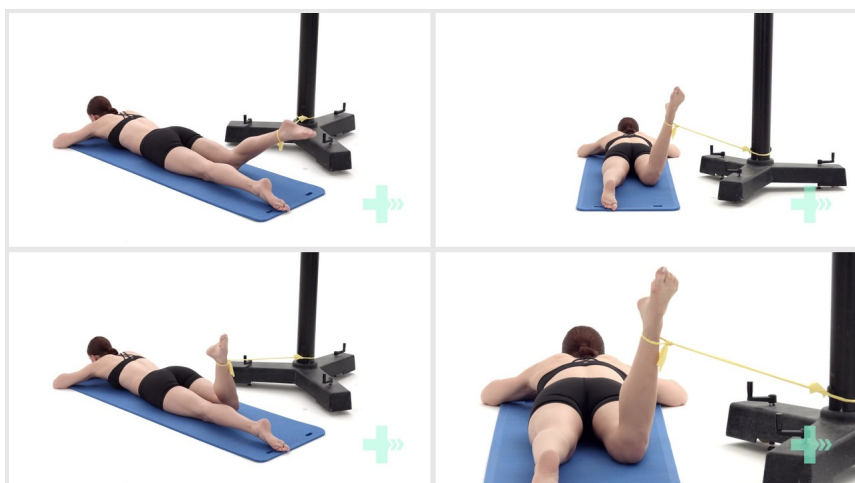
Move your outer leg outwards to about 45 degrees and then slowly, under control, return it back to the starting position.

You can hold on to the machine for balance if required.

Repeat for the required number of repetitions and then perform with the other leg.

14. Resisted hip external rotation in prone

5 Sets / 20 Reps



Lie on your front with a resistance band tied around the ankle on your affected side.

Secure the band around a sturdy object.

Bend the knee on your affected side to 90 degrees and allow the lower leg to rotate outwards with the pull of the band.

Keep your thighs close together and rotate the lower leg inwards, pulling against the band.

Ensure your knee stays at 90 degrees.

Control the movement as you rotate the lower leg back outwards.

15. Rear foot elevated spilt squat - with dumbbells

3 Sets / 5 Reps / 2lbs weight

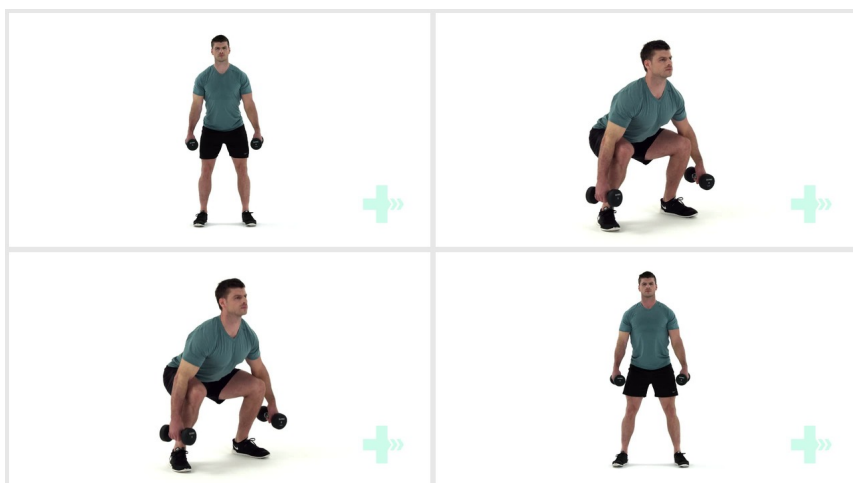


Place your back foot on a box or bench and step the front foot forward into a staggered stance, holding a dumbbell in each hand.

Initiate the movement by flexing at the hips, knees and ankles until your front thigh is parallel to the ground. Your back must remain straight and upright throughout the movement with the head up and your gaze forward. Keep your knee in line with your toe and do not allow your heel to rise off the ground. Stand by pushing through your hip and returning to standing position.

16. Squat - with dumbbells

3 Sets / 10 Reps / 2lbs weight

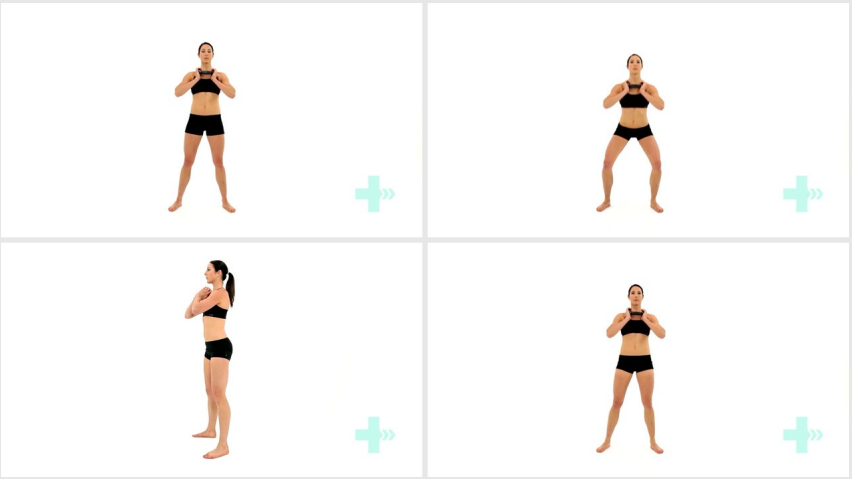


Stand with your feet shoulder-width apart, holding a dumbbell in each hand.

Initiate the movement by flexing at the hips, knees and ankles until your thighs are parallel to the ground. Your back must remain straight and upright throughout the movement with the head up and your gaze forward. Keep your knees inline with your toes and do not allow your heels to rise off the ground. Stand by pushing through your hips and returning to standing position.

17. Goblet squat with weights

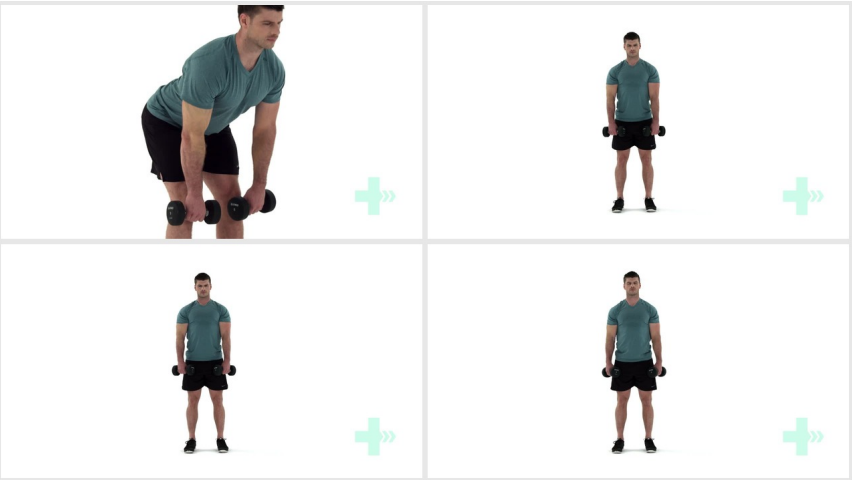
3 Sets / 10 Reps / 2lbs weight



Hold on to the dumbbell, keeping it close to your chest.
Step your feet wide apart and turn the toes out slightly.
Drop down into a deep squat position, dropping your hips straight down past 90 degrees, keeping your feet on the floor.
Control the movement back to the start position.

18. Stiff leg deadlift - with dumbbells

5 Sets / 10 Reps / 2lbs weight



Stand with your knees slightly bent, holding a pair of dumbbells with an overhand grip.
Hinge forward at the waist, keeping your back straight and lower the dumbbells towards your shin.
Contract your gluteus and hamstrings and return to a standing position.