

5k to 10k 2

Lunge



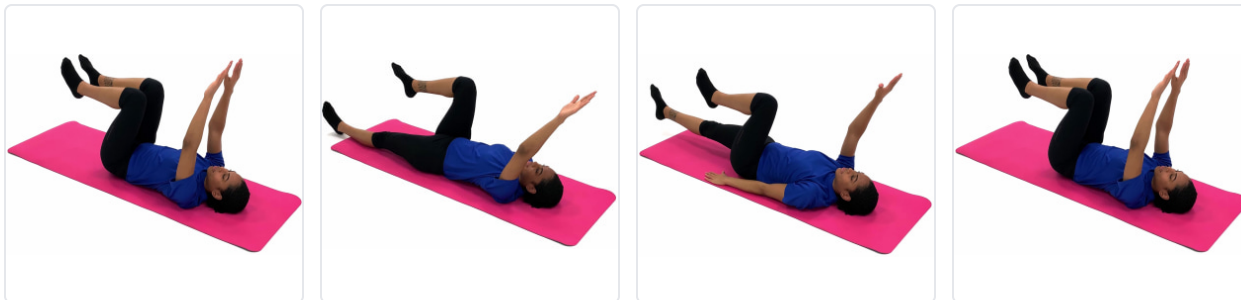
Description

- Stand with your arms across your chest
- Take a large step forward and lower your body toward the floor keeping the knee above the floor
- Drive the hips up to standing

Sets: 3

Reps: 12

Double Opposite Limbs Forward



Description

- Lie face up in the tabletop position, raise your arms straight up
- Lower one leg to the floor and lower the opposite arm down to the floor, beside your hip
- Keep the spine and pelvis still then return the arm and leg to the start
- Repeat with the other limbs

Sets: 3

Reps: 8

Tempo: 10 seconds down, 10 up SLOW!!

Soleus Raise on Single Leg



Description

- Place the forefoot of one leg on a step keeping the knee bent then raise the other leg off the floor
- Allow the heel to slowly lower as far as possible
- Raise the heel as high as possible

Sets: 3

Reps: 12

Square Balance - 4 Point



Description

- Stand on one leg with 4 markers set out as pictured
- Reach with your other foot to hover above each marker one after the other
- Maintain your balance and keep the knee pointing forward

Sets: 4

Reps: 3x round the square

Tempo: its all about control of movement not speed

Single Leg Squat



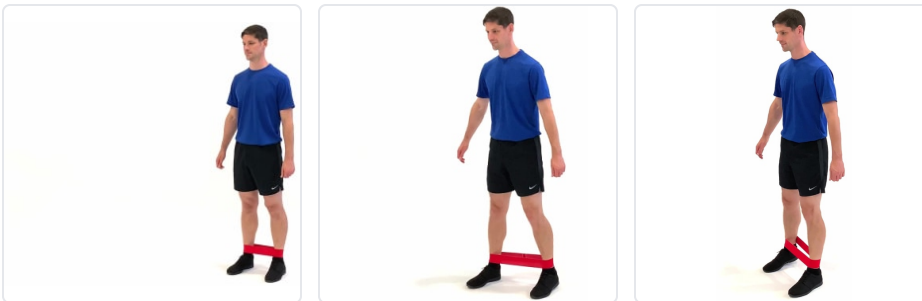
Description

- Balance on one leg with your arms held across your chest
- Keeping your thighs in line lower the hips back as if to sit on a chair
- Drive the hips forwards and up into standing

Sets: 3

Reps: 12

Hip Band Penguin Shuffle



Description

- Place a band around the lower thighs in standing
- Walk forward, keeping your feet apart, with good knee alignment
- Repeat the movement walking backwards

Sets: 3

Reps: 12