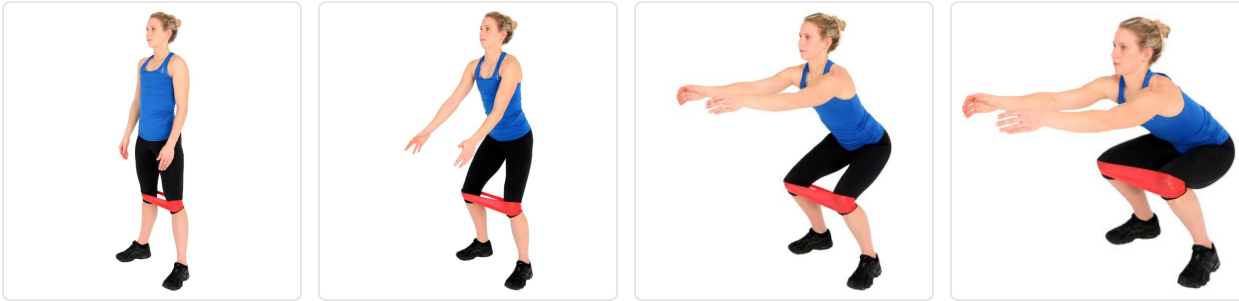


## 5k to 10k 1

### Squat with Band Around Knees Laterally



#### Description

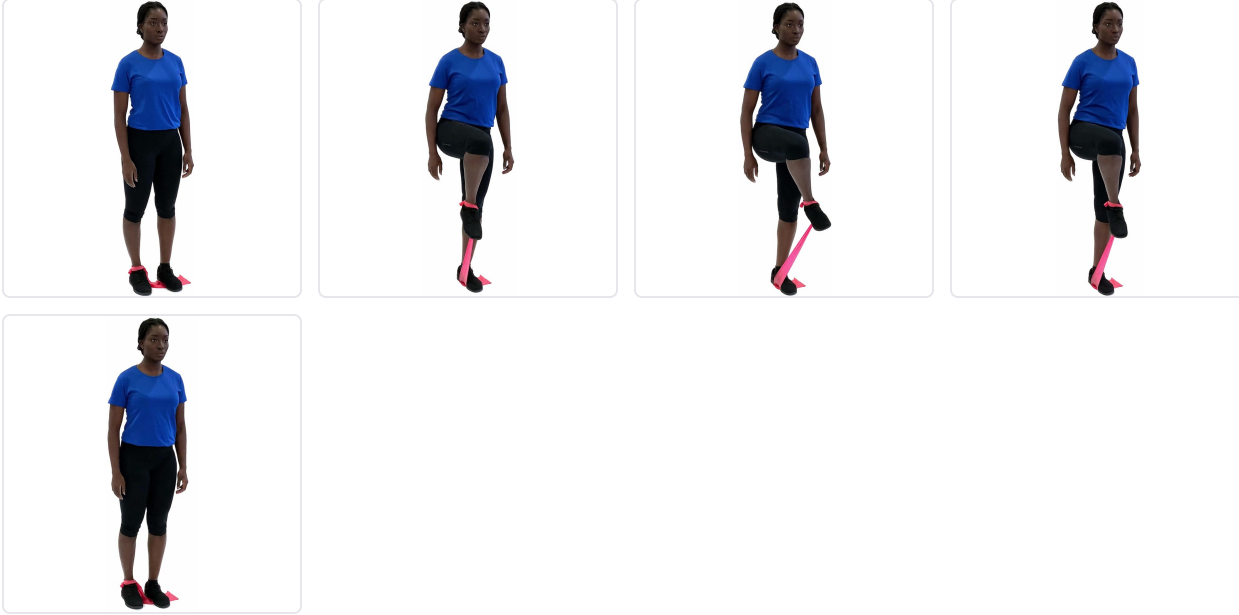
- Place a band around the knees and stand with good posture
- Lower the hips back into a squat moving the arms forward for balance
- Drive the hips forward into standing with good posture

Sets: 3

Reps: 12

Tempo: 2 seconds up, 2 down

## Hip Flexion And External Rotation With Resistance Band



### Description

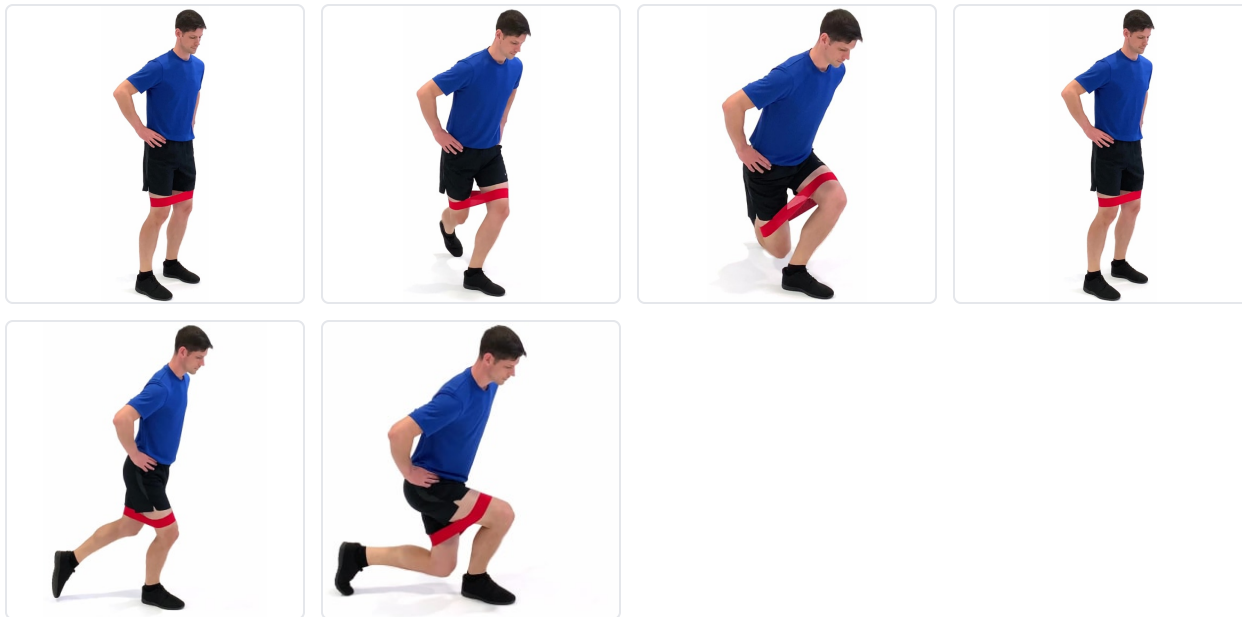
- Stand with a resistance band wrapped around both feet
- Raise one knee up to hip height then move your foot across your body
- Slowly release the foot down so that the ankle hangs down, then lower the leg down to the floor
- Perform the exercise for as many repetitions as you are prescribed, then repeat the exercise with your other leg

Sets: 2

Reps: 10

## Hip Band Curtsy

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### Description

- Place a band around the lower thighs in standing
- Reach one foot diagonally behind your other leg
- Lower the hips down into a curtsy
- Drive the hips up and replace your feet to the start, then repeat with the other leg

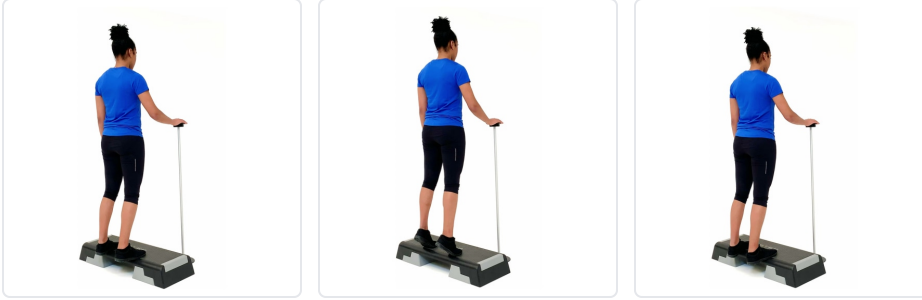
Sets: 3

Reps: 12

Tempo: 2 seconds up, 2 down

## Heel Raise

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### Description

- Place the forefeet on a step and hold something to balance
- Lower the heel as far as possible
- Raise the heel as high as possible

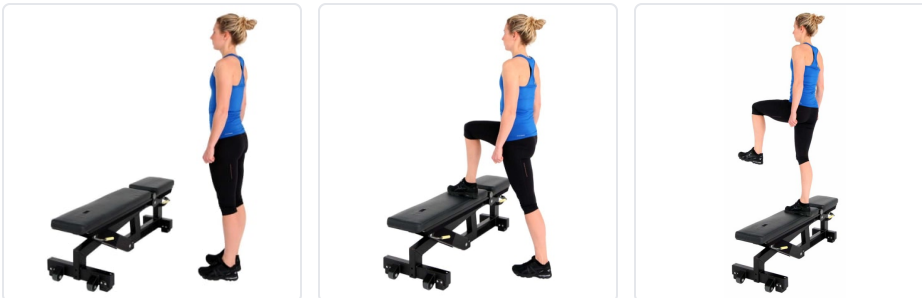
Sets: 3

Reps: 12

Tempo: 2 seconds up, 2 down

## Step Up and Hip Drive on Bench

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### Description

- Stand with a bench in front of you
- Raise one foot onto the bench
- Step onto the bench raising the opposite knee high
- Step back down off the bench

Sets: 3

Reps: 12

Tempo: 2 seconds up, 2 down

## Mud Walking Laterally

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### Description

- Wrap a resistance band around the forefoot and stand with the knees slightly bent
- Keep the body upright with minimal side leaning and step one leg out to the side against the resistance
- Follow this with the other leg in the same direction so that you walk laterally

Sets: 2

Reps: 10 each way