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The following exercises are designed to improve strength in people of all abilities.

Below you will find circuit training and a cardio HIIT style routine using some or all of the following exercises.

Split Squat - Body Weight



Adopt a lunge position Tense the trunk muscles and descend keeping torso upright and weight through heel of front foot Maintain strong spinal position Push hard through your heel to return to starting position

Drop Squat - with or without support



Feet shoulder width apart Rapidly unlock knees and drop until thighs just short of parallel to ground Ensure you sit back into squat Slowly return & repeat

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Reverse Lunge - Body Weight



Tense the trunk muscles and extend one leg backward With minimal backward movement of the trunk descend into a lunge position. Maintain strong spinal position Push hard through your front heel to return to starting position

Calf Raise on Step - Double



Standing on edge of step Keep knees straight and raise up onto toes Pause at the top then slowly lower the heels over the edge of the step again

Step Up With Body Weight



Step up onto high bench Push through heel of foot and keep knee in line with 2nd toe Don't allow pelvis to sag down on non weight bearing side Slowly reverse the movement and alternate legs

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Hip Abduction Side Lying



Side lying with bottom leg slightly bent if more comfortable Keep top leg in line with trunk or slightly behind Keep back straight by engaging trunk muscles to stiffen the spine Lift leg keeping hips forward and foot neutral. (Use resistance band as your strength increases).

Double Leg Bridge



Lying with knees bent and arms at sides Engage trunk muscles to stiffen the spine Breath in and raise hips off the floor curling the spine up until knee hip and shoulder are in a straight line Exhale and return to start position

Lateral Lunge - Body Weight



Hands on hips, step to the side and squat down keep feet facing forward and back straight Push through the heel to return to upright position and repeat

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Single Leg Balance on Towel



On a folded towel, stand on the injured leg and try to maintain balance. Aim for over 30 seconds without excessive movement at ankle or arms. Progress by closing eyes, standing in corner of a room or catching an object thrown by someone.

Star Balance Drill



Place cones in a star formation around you. Maintaining balance, reach to touch each cone with the foot. Progress by moving the cones further away.

Circuit training using the above listed exercises

30 seconds to 1 minute on each exercise
No rest between stations

Cardio training

HIIT Style workout

Carry out using the exercises listed below

Do 1 round of all the exercises in order for

20-30 seconds per exercise with no rest between exercises

Rest for 30 seconds between each round

Start off by doing 1 round and progress to 4 rounds as you get stronger

Squat with or without support

Step up – body weight

Lateral Lunge

Split squat

Reverse Lunge

If you are finding the exercises too easy weight may be added by using a rucksack with for example bag(s) of flour/sugar, etc or resistance bands as appropriate.

Or progress to the Exercises For Runners program.