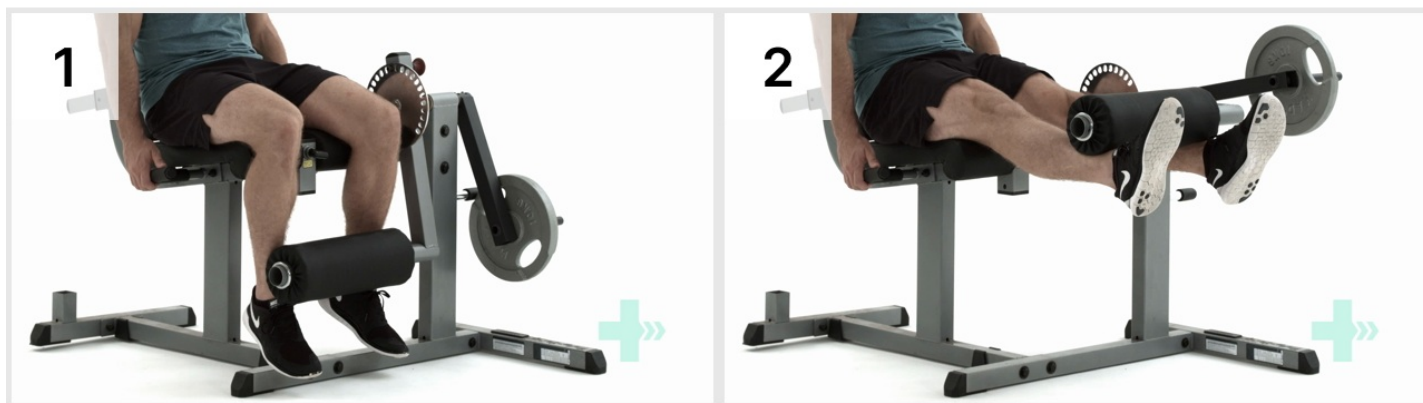


1. Knee extension strengthening, with weight machine, sitting

3 Sets / 10 Reps / 20kg weight



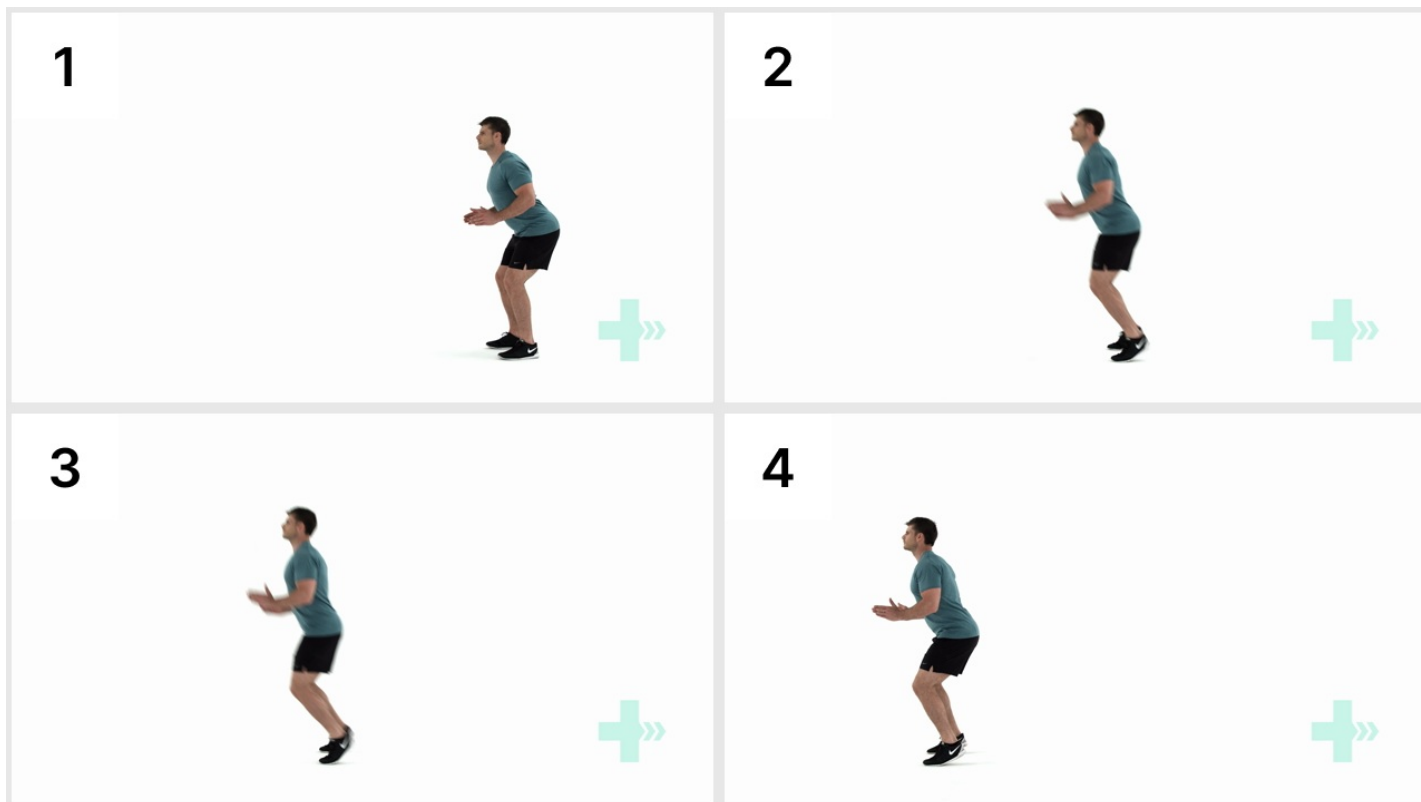
Set up the seat length, the height and leg supports to suit.

With the lower pads on your lower shins gently extend and straighten your legs.

Pause briefly at the top of the movement and then lower the legs back down in a slow and controlled manner.

2. Jumping forward, into a squat, continuous, quickly

3 Sets / 10 Reps



Stand tall with your arms bent at 90 degrees and your forearms pointed upwards.

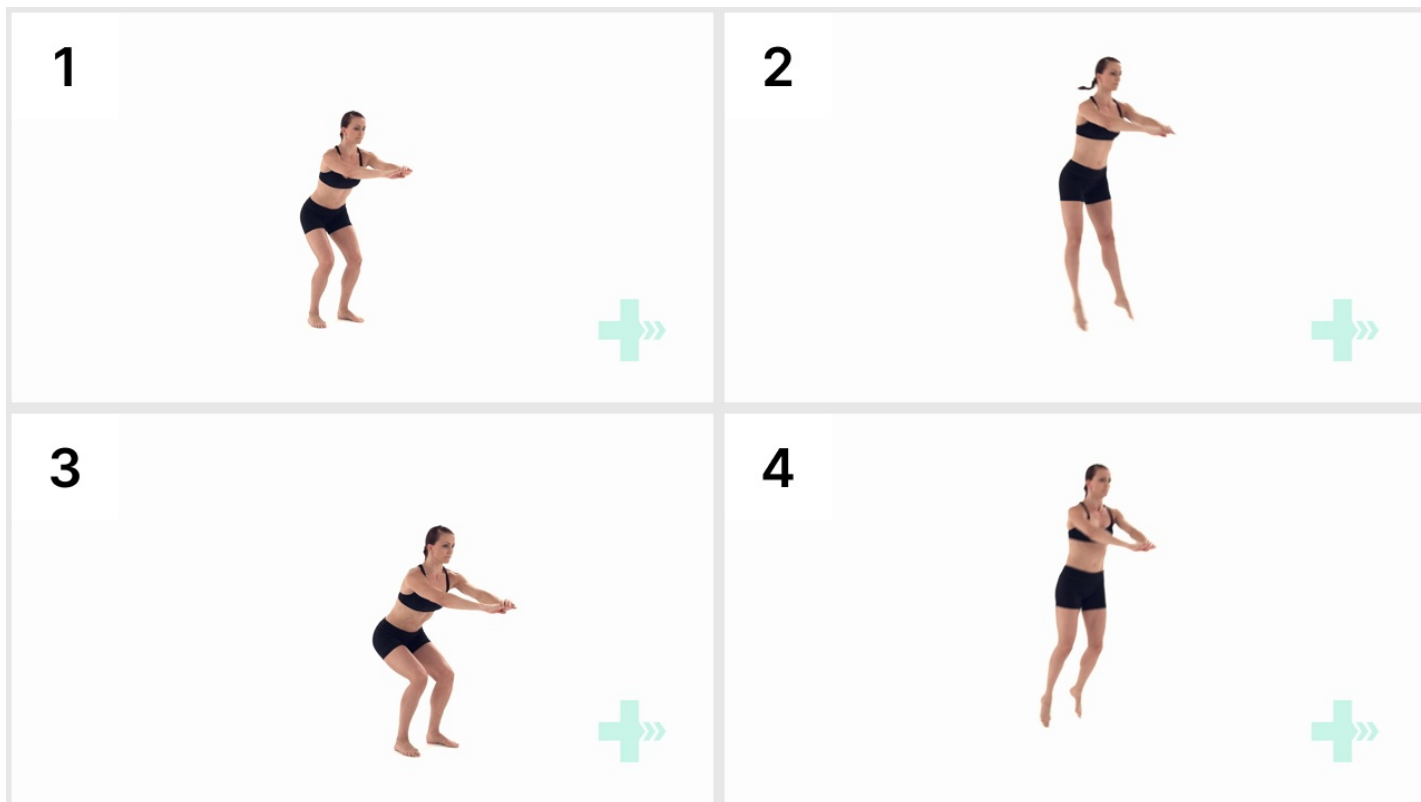
Drive your elbows back and drop into a squat by pushing your hips back and bending your knees.

Immediately push up off the floor, jumping up and out as far as you can.

Land softly in a squat position and, without pausing, jump up and out repeating the movement pattern.

3. Jumping forward/backward, into squat, arms forward

3 Sets / 10 Reps



Stand with your feet together and your knees slightly bent.

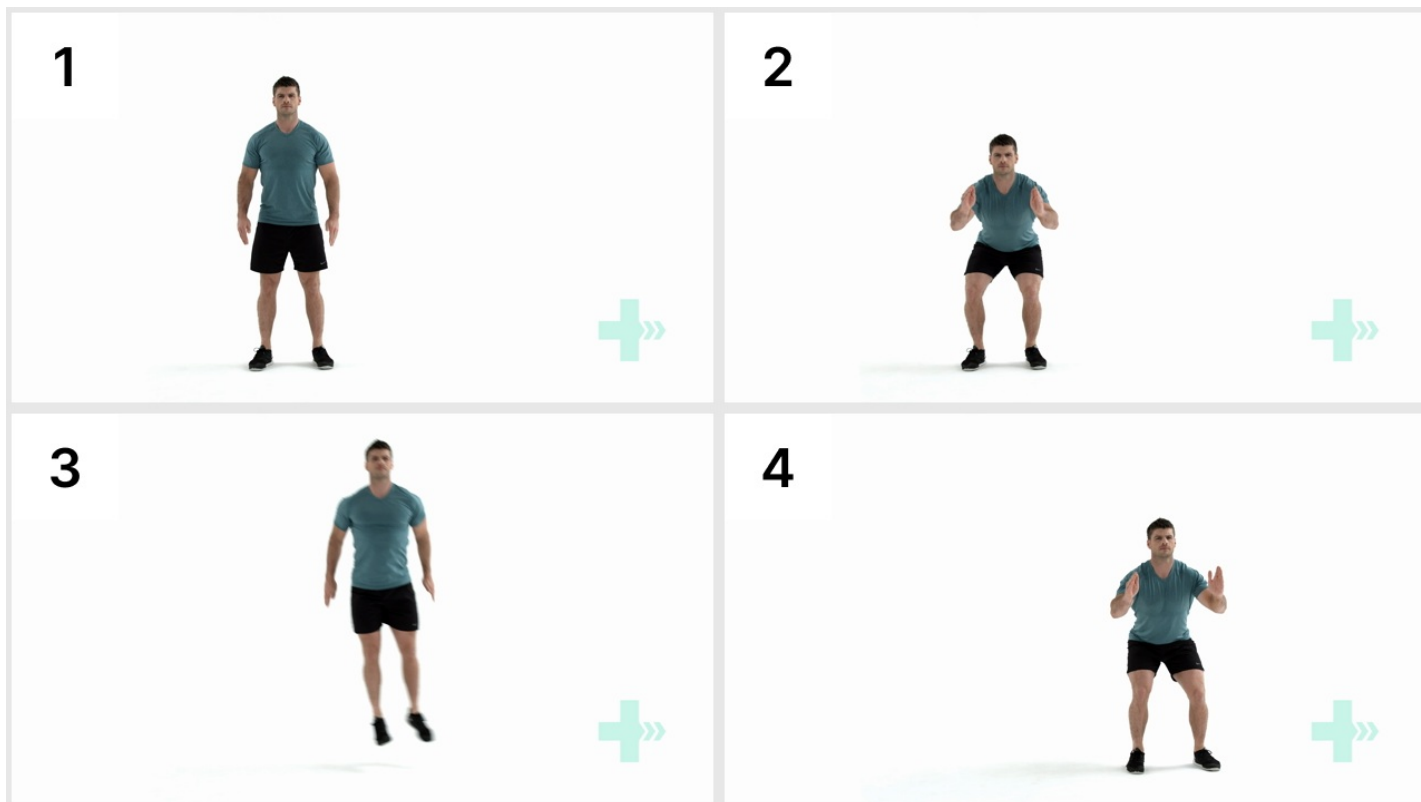
Jump forwards, landing with both feet together and your legs in a slight squat.

Spring back, landing on the spot you started on.

Make sure you land lightly on the balls of your feet, controlling the landing between jumps.

4. Jumping side to side, into squat, arms bent

3 Sets / 10 Reps



Stand tall with your arms bent 90 degrees and your forearms pointed upwards.

Drive your elbows back and drop into a squat by pushing your hips back and bending your knees.

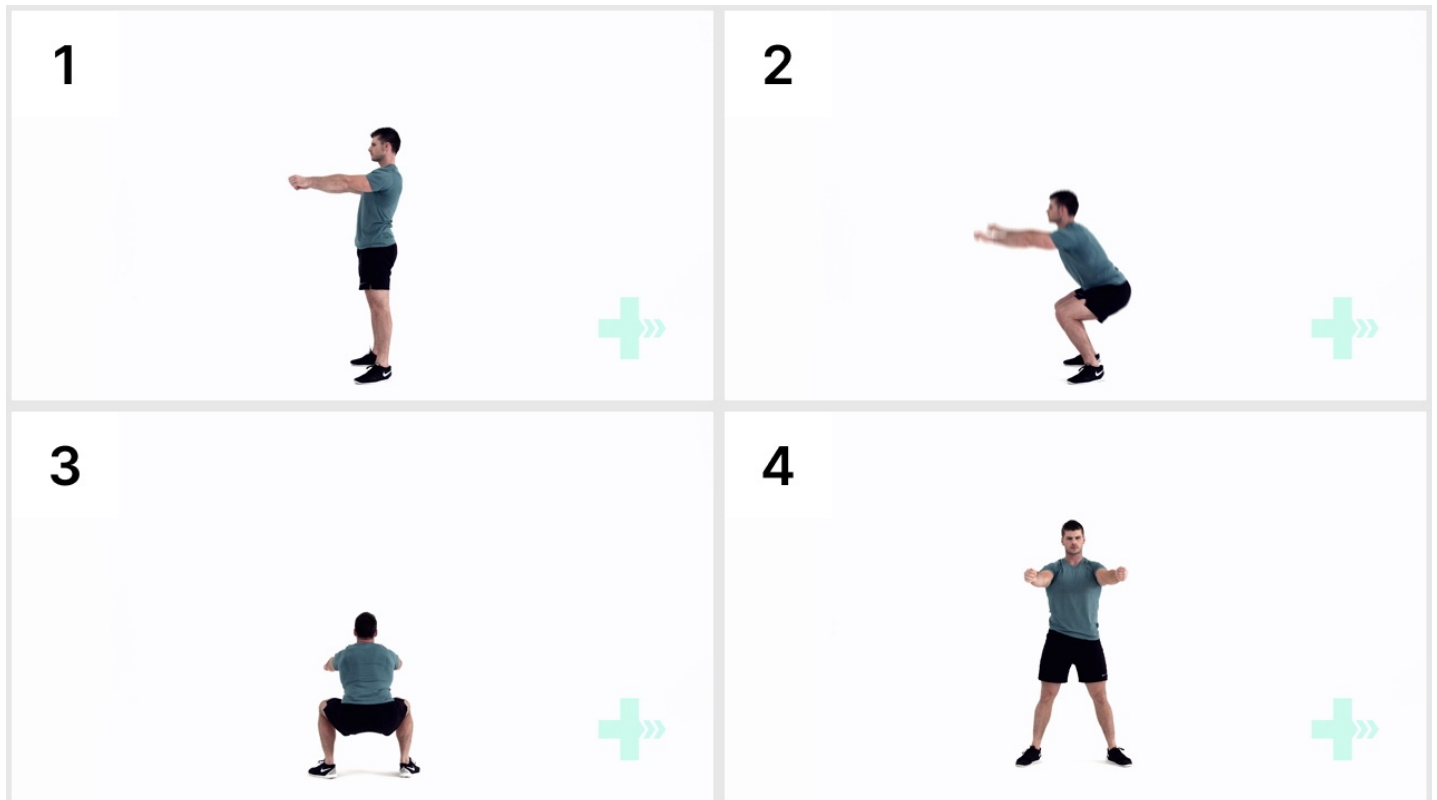
Immediately push the ground away from you, jumping sideward as far as you can.

Land softly in a squat position and reset.

Continue for the full set.

5. Jumping, turning 90°, extending arms overhead - progress to 180°

3 Sets / 10 Reps



Start position is in the power stance .

Jump upwards vigorously and extend the arms overhead whilst rotating the body 90 degrees to the right.

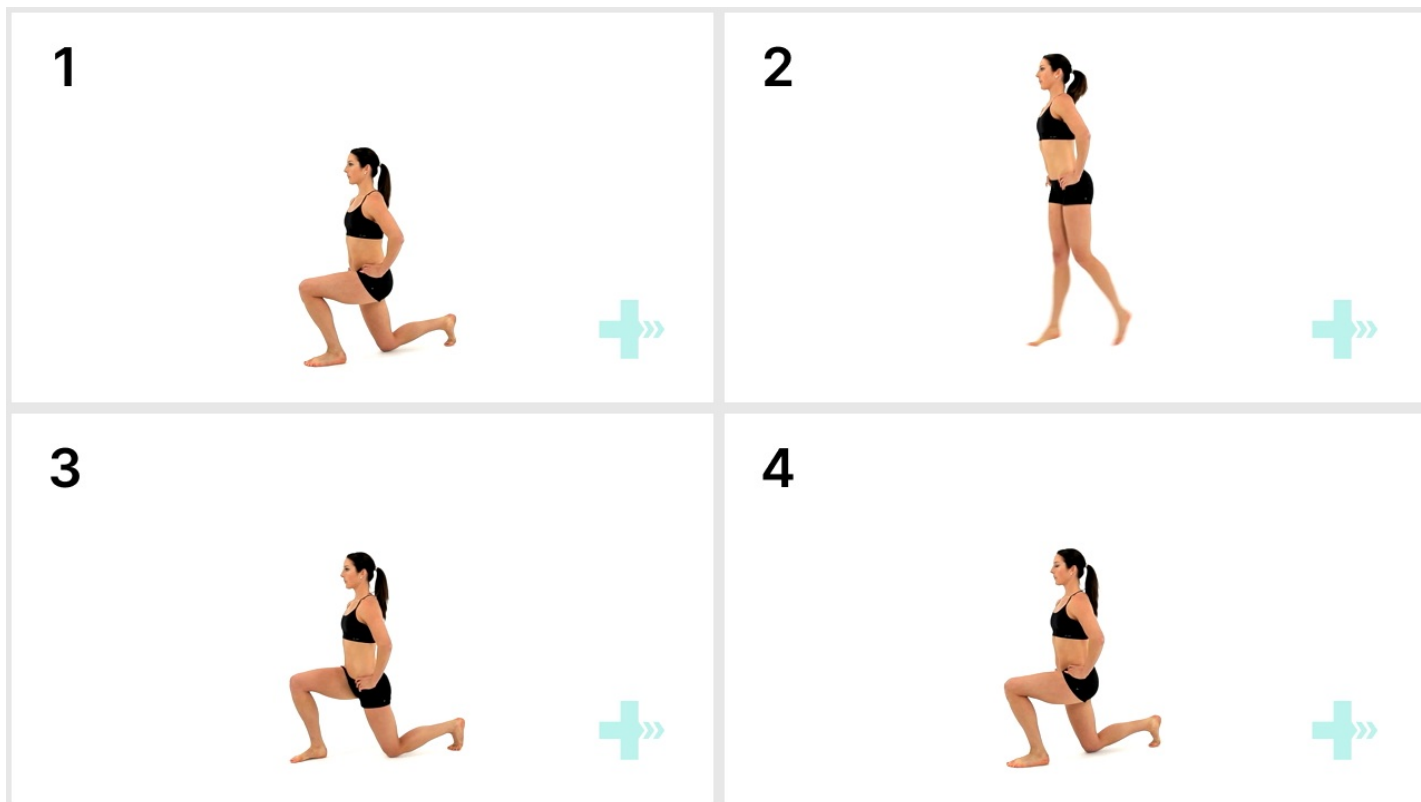
Land softly by absorbing the impact through bending at the hips and knees, continue with several jumps clockwise, attempting to land at exactly the 90-degree mark from the previous jump.

Repeat in the counter-clockwise direction.

Progress to 180 degree jumps if possible.

6. Lunge jumping, on the spot, switching legs, hands on waist

3 Sets / 10 Reps



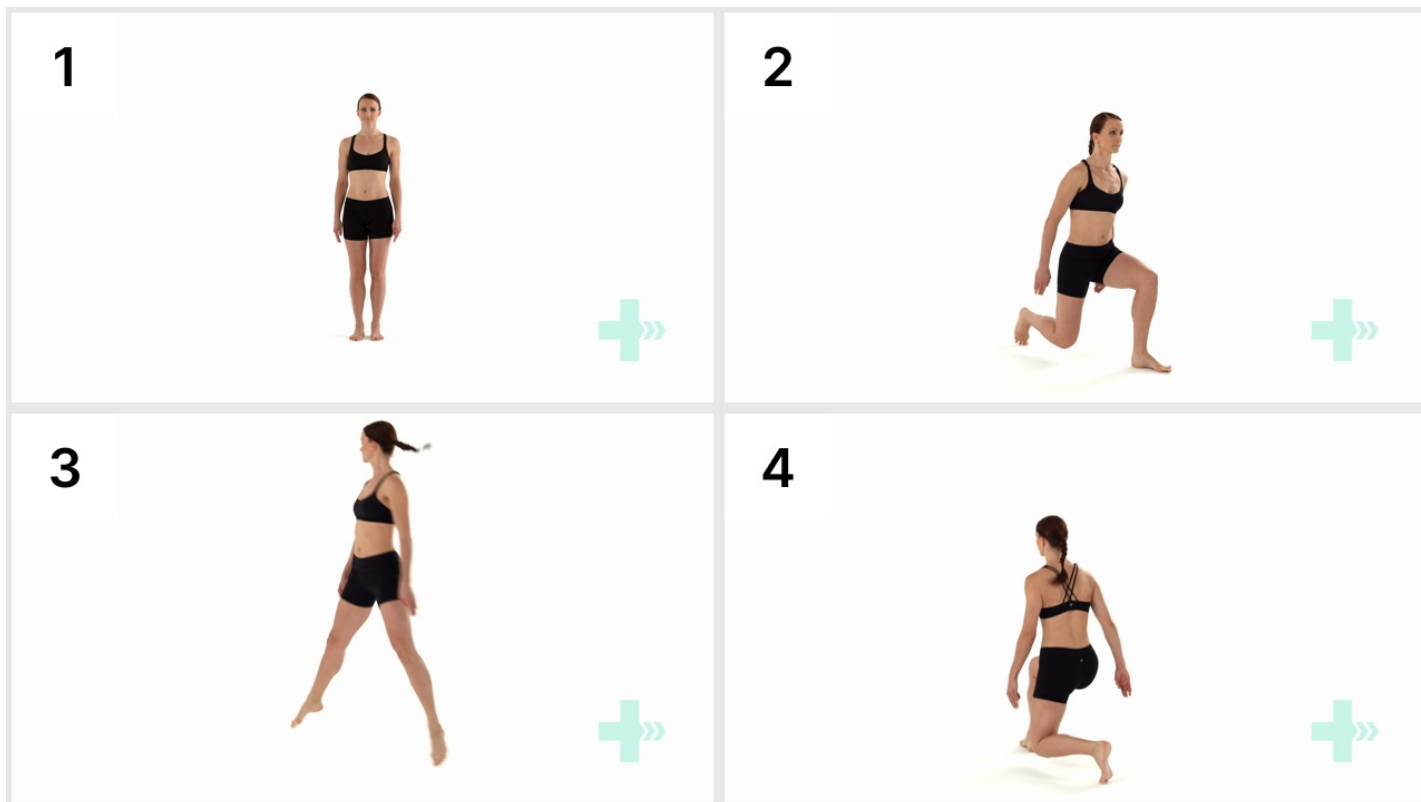
Stand in a lunge position, with legs in a wide stride and both knees at ninety degrees.

Jump up and switch legs, landing back in the opposite lunge.

Notice how your hips drop straight down towards the floor in the lunge, and your knees travel directly forwards over your toes.

7. Lunge, jumping 180°, switching legs

3 Sets / 10 Reps



Start in a standing position.

Take a pace forward and bend your knees in to a lunge position.

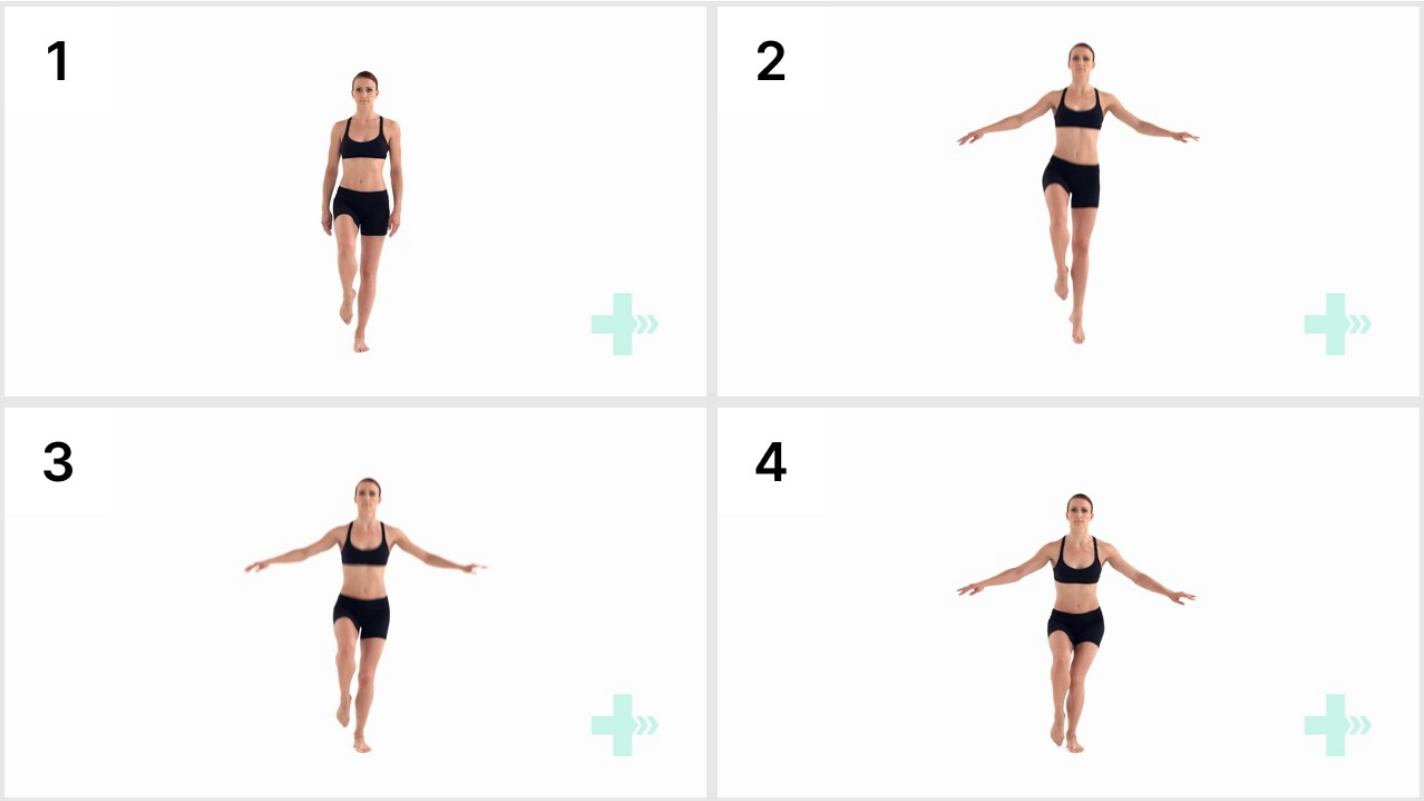
Push through both feet strongly, jumping upwards and turning 180° towards your rear foot, landing in an opposite lunge with your legs bent.

Jump upwards from this position, turning back to the original start position to land with your knees bent.

Continue on for the required number of repetitions, altering the direction of rotation as you progress.

8. Hopping, on the spot, hold

3 Sets / 10 Reps



Stand on your affected leg and practice hopping, springing high off the floor and landing as gently as you can.

The balls of your feet should be the first to land on the floor, followed by your heel, then a bend of the knee.

9. Hopping, on the spot, hold (alternate)

3 Sets / 10 Reps



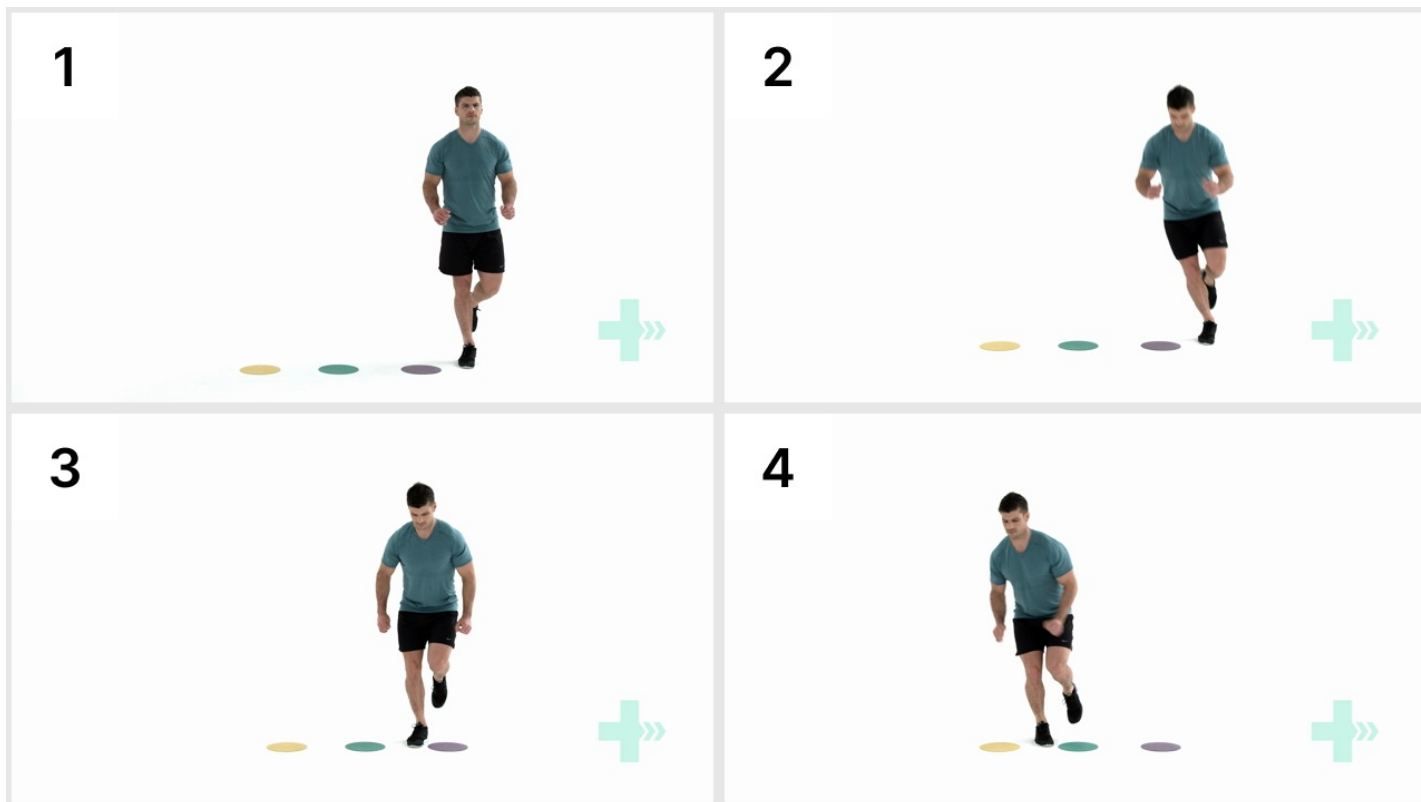
Stand on one leg with your other hip elevated at 90 degrees.

Spring up off the floor, landing softly on your other leg, and the first leg elevated to 90 degrees.

Control your balance before you hop back to the initial leg and repeat.

10. Hopping, to side, over discs in a line

3 Sets / 10 Reps



Stand tall on one leg with your arms bent to 90 degrees and your forearms raised.

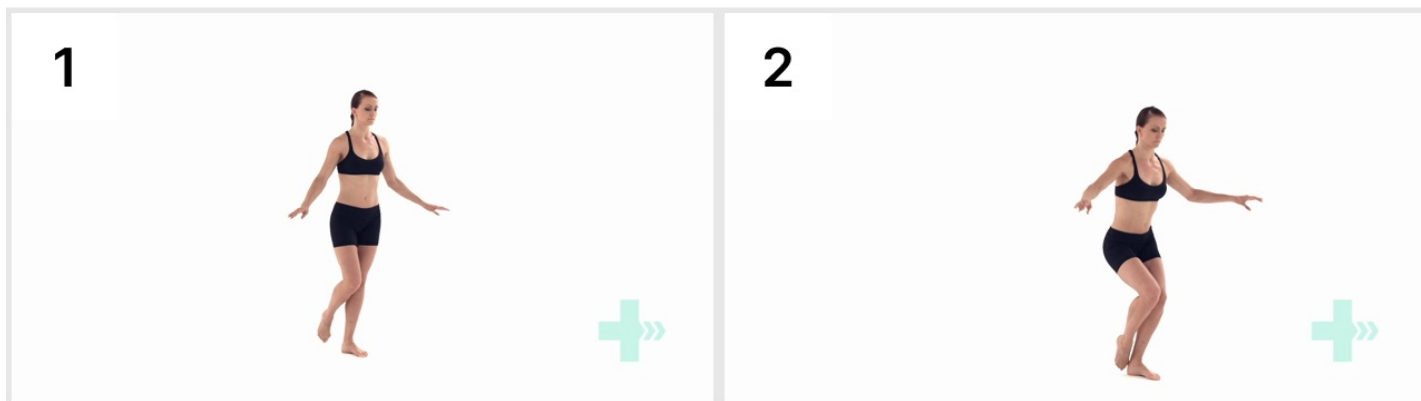
Drive your elbows back and drop into a squat by pushing your hips back and bending your knees.

Immediately push up off the floor and hop to the side as far as you can. Land softly, stabilise upon landing, and without pausing, hop to the side again.

Continue for the remainder of the set and repeat on the opposite side.

11. Hopping, forward/backward, side to side

3 Sets / 10 Reps



Stand on your affected leg.

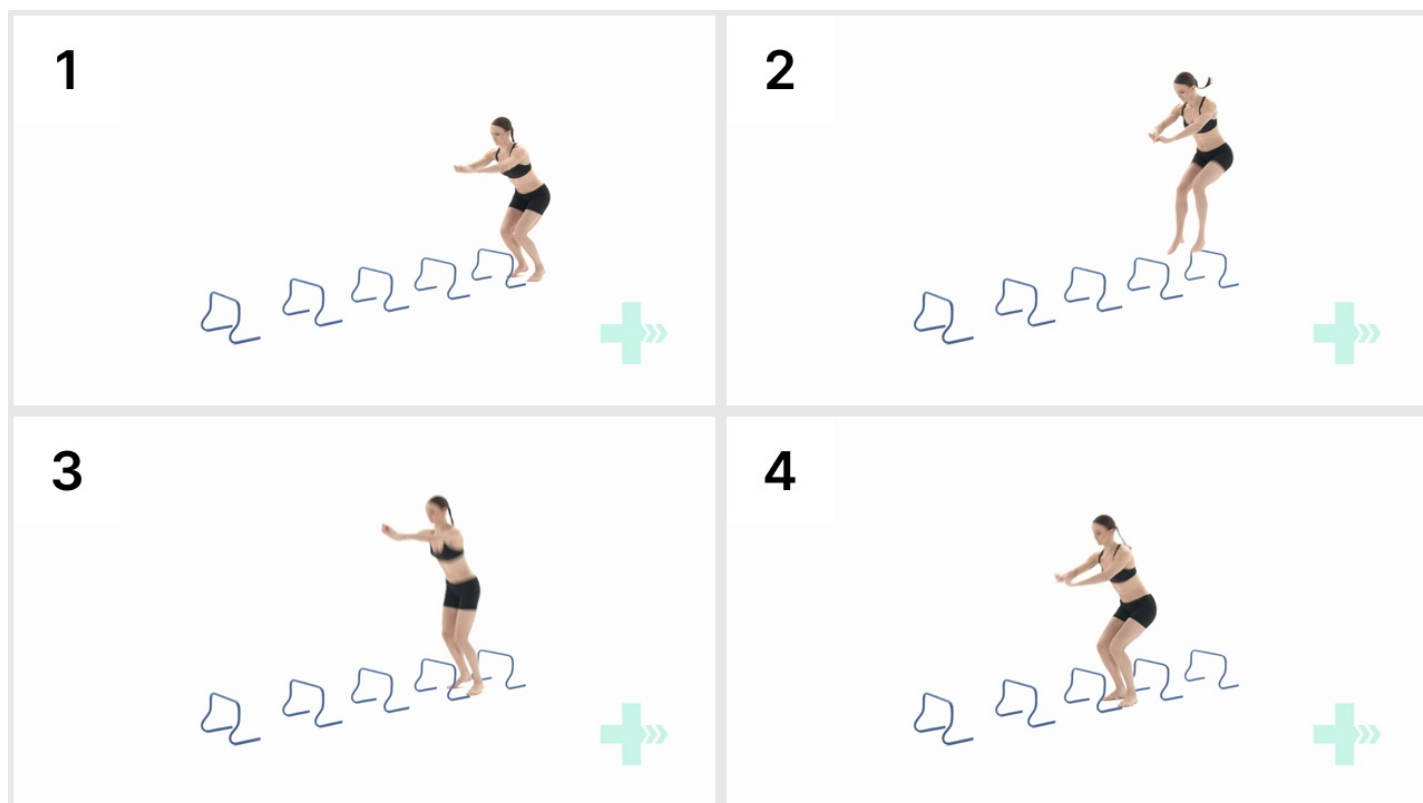
Spring up high into the air, hopping forwards, and landing softly on the same leg.

Repeat the movement by hopping backwards, then to one side, and then to the other.

The balls of your feet should be the first thing to land on the floor, followed by your heel, then a bend of your knee.

12. "High knees" Jumping forward, hurdles in a row; 01

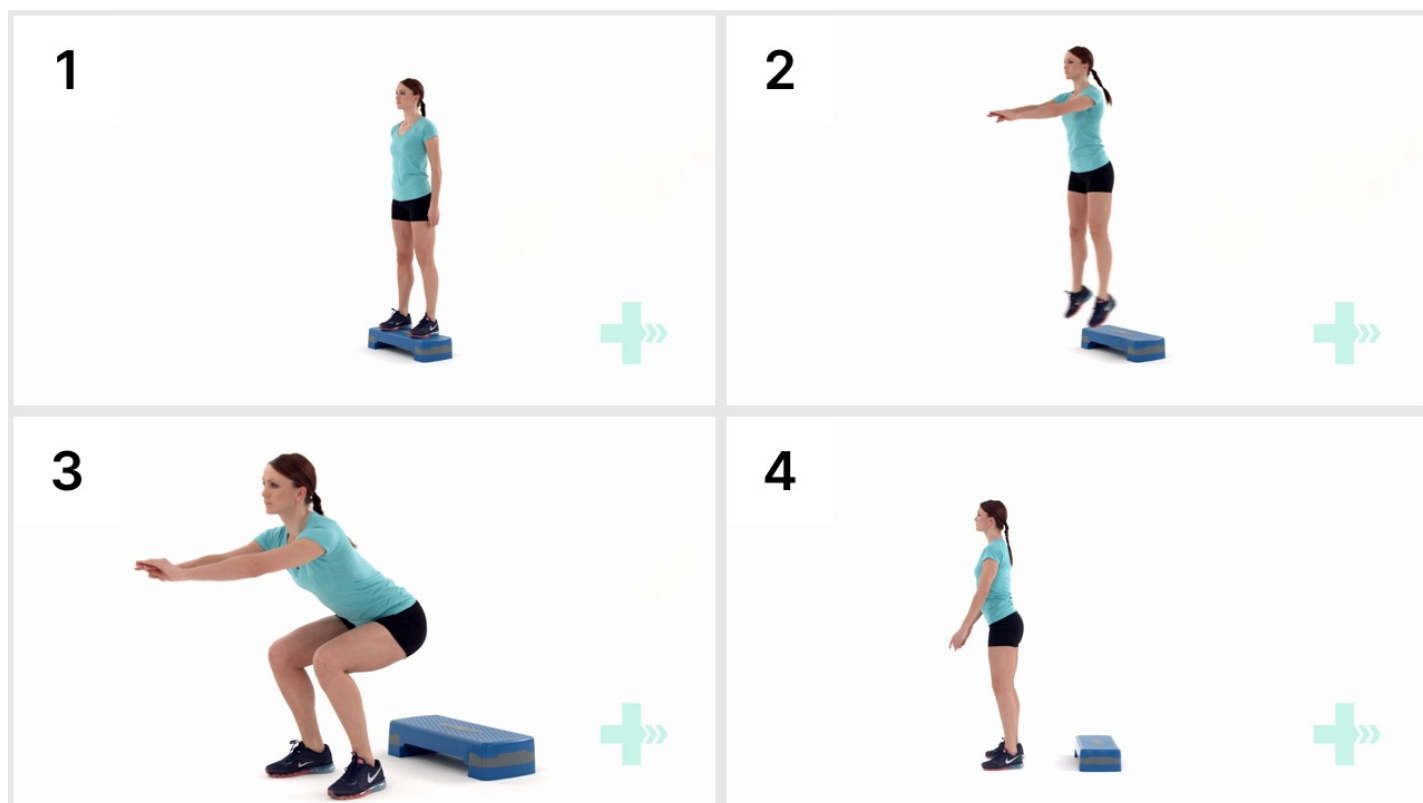
2 Sets / 4 Reps



Lay some hurdles out evenly in a line with a stride size space between them. Stand at one end facing the hurdles and bend down into a squat. Jump up and over the hurdle, exploding through your legs, and landing softly with your knees and hips bent and your back straight but leaning forwards. Jump back up and over the next hurdle from the squat position. Continue this movement until you reach the other end. The aim is to spring quickly off the floor between each hurdle, minimising your time on the floor.

13. Jumping down, into a deep squat, from a step

3 Sets / 10 Reps



Stand with both feet on a step and shoulder width apart.

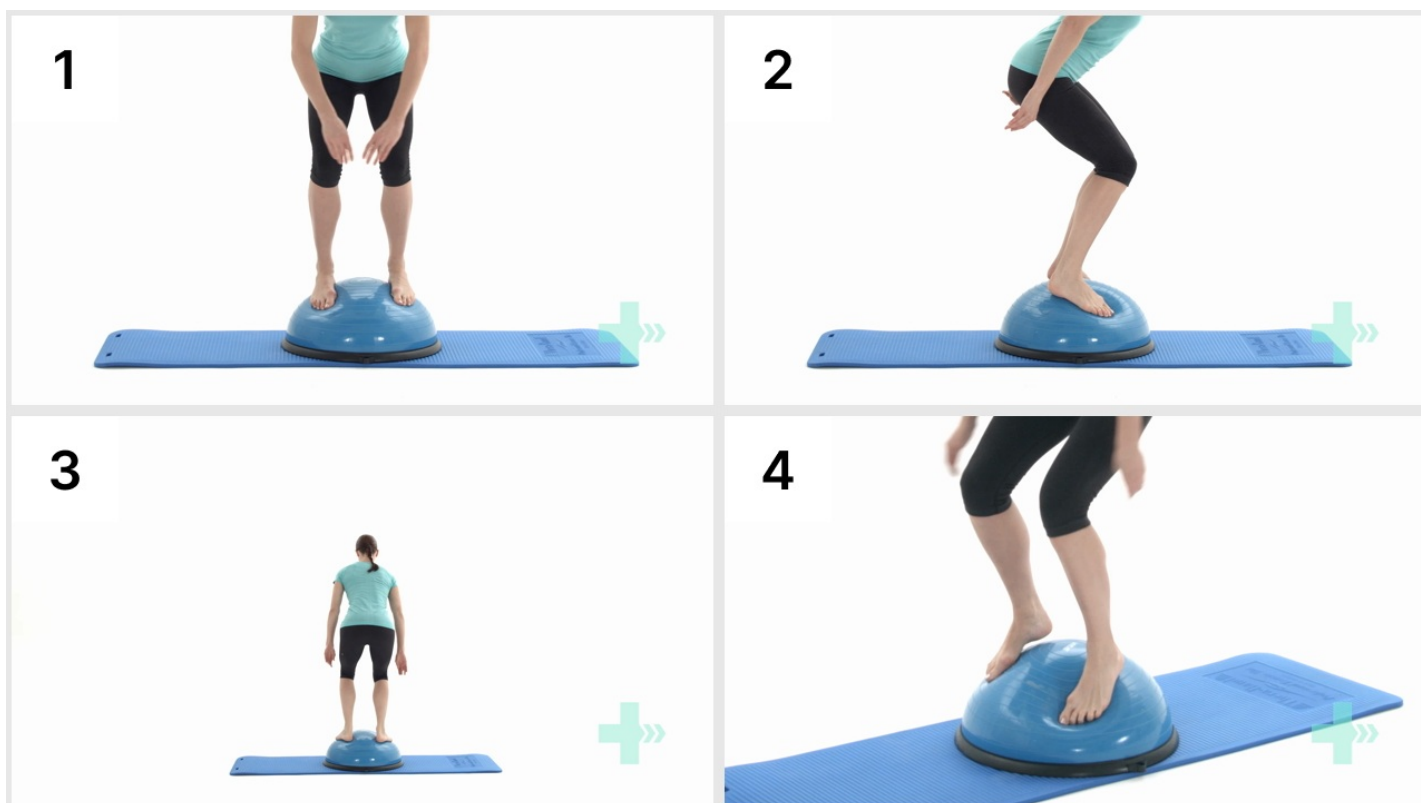
Jump high in the air, and land in a deep squat on the floor.

Think about landing as quietly and slowly as you can, using your toes, ankles, knees and hips to absorb the shock of the landing.

Keep your core stability muscles activated throughout the exercise.

14. Jumping turning 90 degrees from a squat on BOSU dome side up; 01

3 Sets / 10 Reps



Place a Bosu on the floor on its flat side.

Stand on the rounded side with both legs and bend down into a squat.

Explode through your feet and legs into a jump and turn around 90 degrees, landing in a soft controlled manner back in a squat.

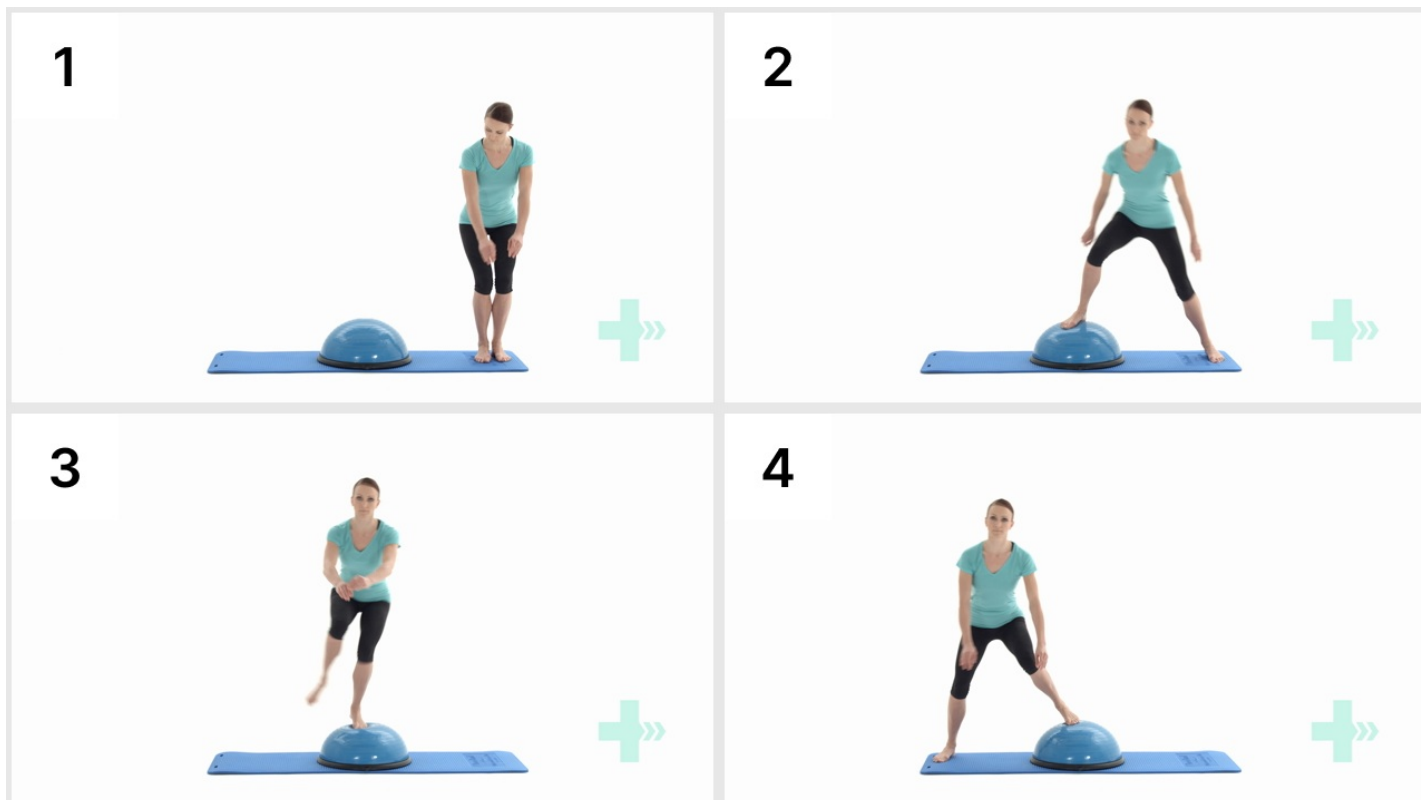
Aim to land on the balls of your feet, lowering your heels by bending your ankles, then your knees and hips.

This sequence should flow quickly.

Repeat this movement, jumping from the squatted position.

15. 'Footwork' Quick stepping, over BOSU, side to side

3 Sets / 20 Reps



Place the Bosu on its flat side in the middle of the floor and stand to one side. Bend down into a squat.

Aim to stay low with your knees bent throughout this exercise.

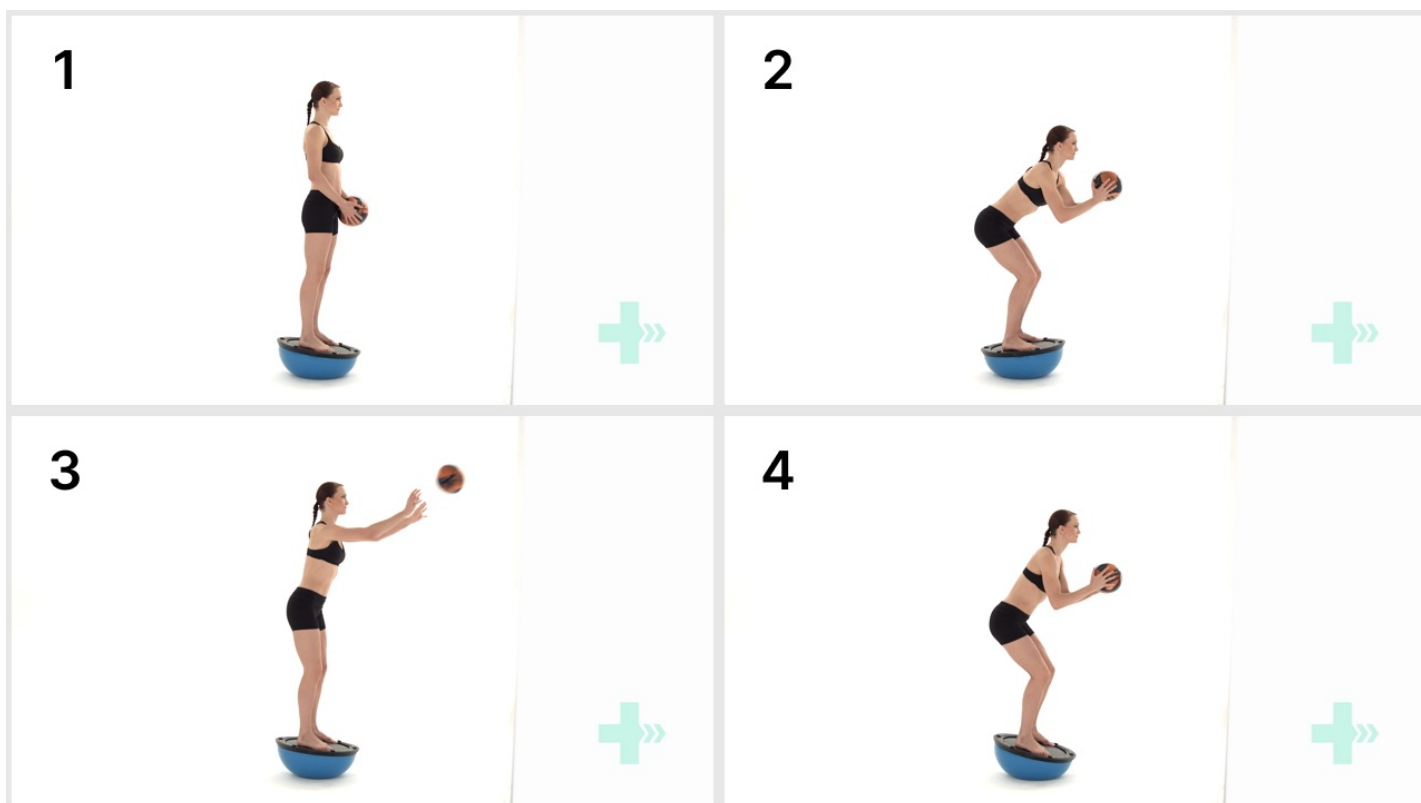
Step quickly onto the centre of the Bosu, jump onto your other leg placing it in the same position, whilst simultaneously moving the first leg out to the side to jump onto the far side of the floor.

Reverse the movement back in the other direction.

Try to increase the speed at which you perform this exercise.

16. Balance, standing, throwing/catching ball against wall, with squats, on BOSU dome down

3 Sets / 10 Reps



Place a Bosu onto rounded side on the floor in front of a wall.

Stand on the flat side of the Bosu and get your balance.

Bend down into a squat.

As you stand up throw the ball against the wall, catching it as you squat back down.

Repeat this movement, trying to keep the Bosu as steady as possible.

17. "Box jump up/down" Landing into a squat

3 Sets / 10 Reps



Start Position is standing in front of a box or step with your feet shoulder width apart.

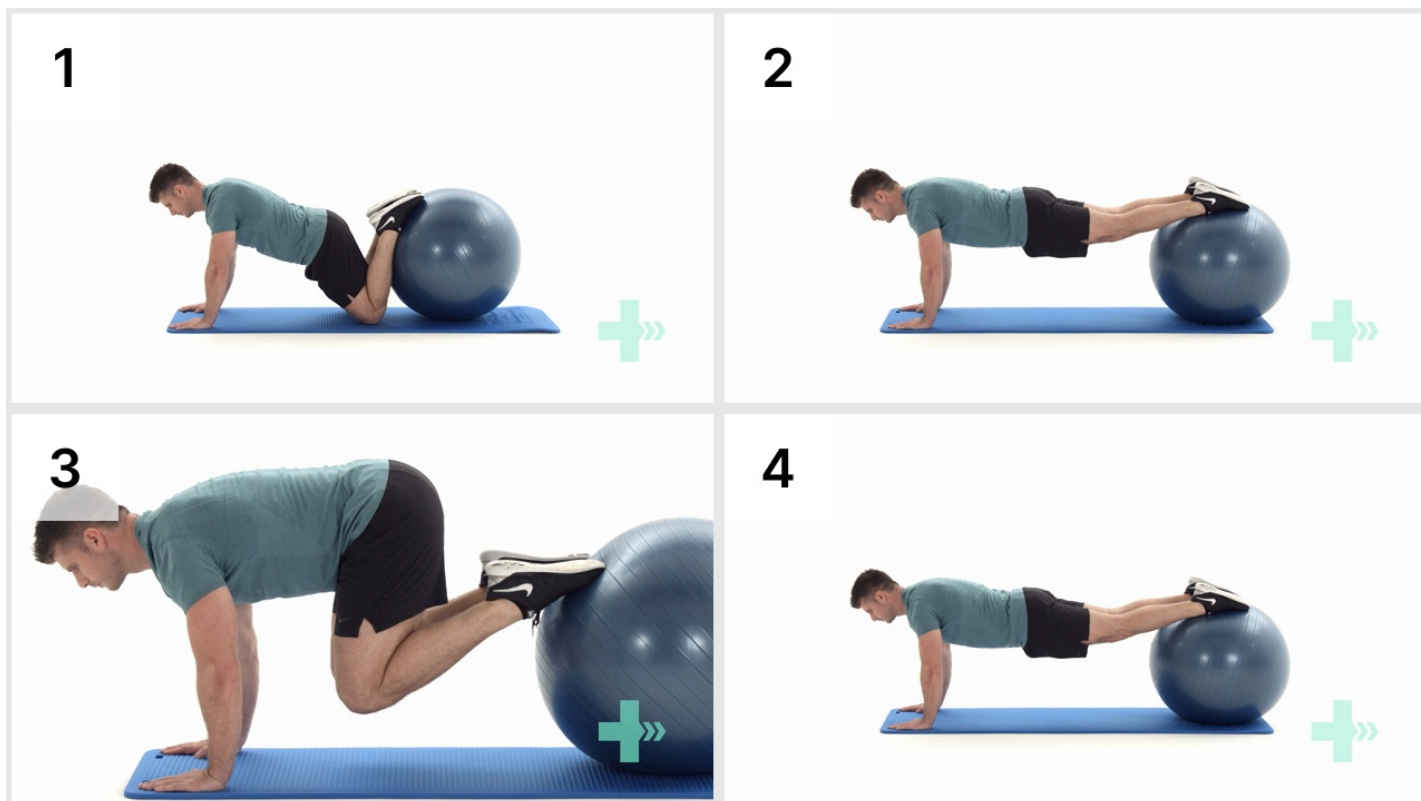
Perform a short squat in preparation for jumping at the same time swinging your arms behind you.

Rebound out of this position, extending through the hips, knees, and ankles to jump as high as possible.

Swing your arms forward and up. Land on the box with your knees bent, absorbing the impact through the legs. Jump off the box landing on the balls of the feet and heels absorbing the impact through the knees and hips.

18. "Plank on-the-ball" Core/scapular stabilization, into abdominal tuck; 03

3 Sets / 10 Reps



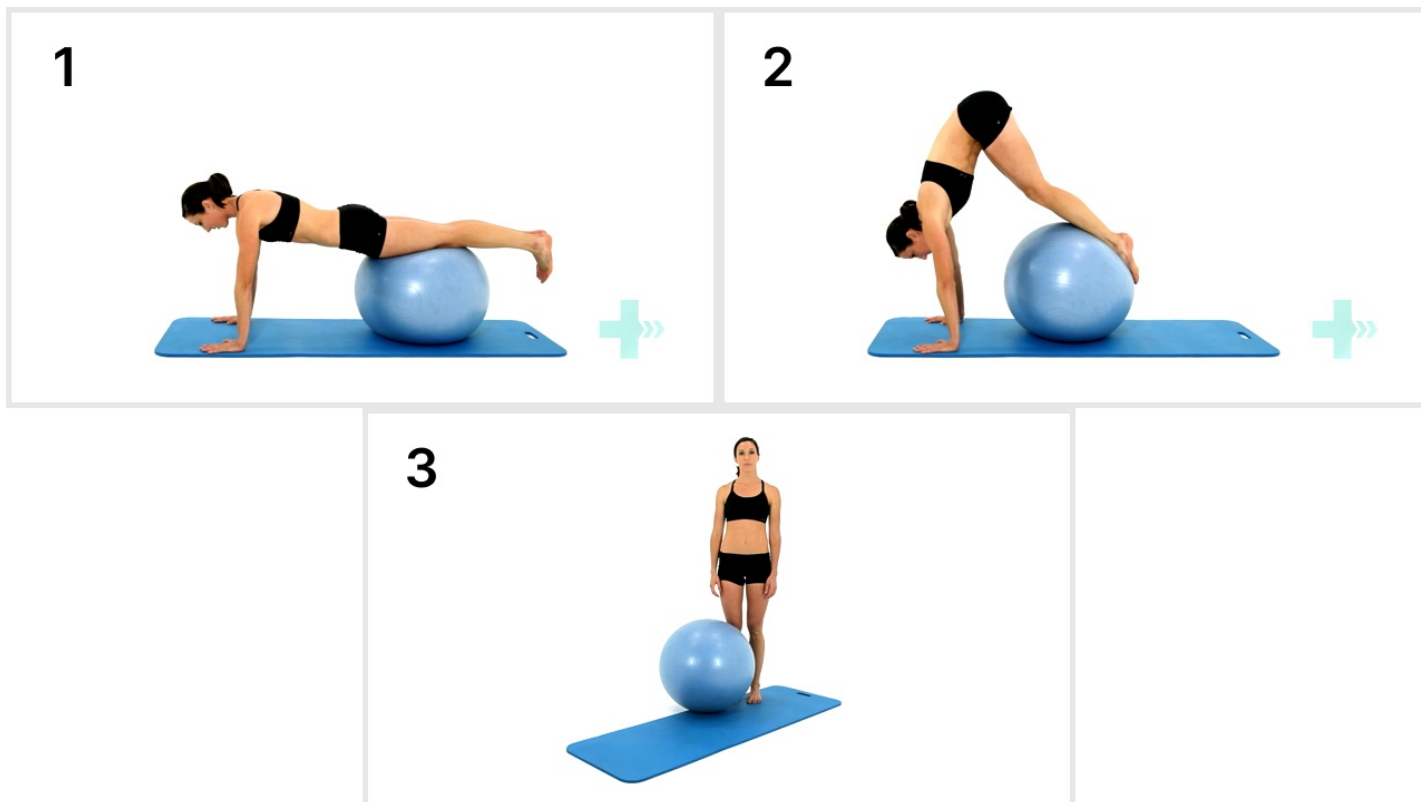
Place your shins and ankles on a stability ball whilst balancing yourself on your hands in a plank position.

Keeping your shoulders strong, bring your knees towards your chest, then slowly extend your legs back out to the start position.

Keeping your shoulders and trunk strong throughout this movement

19. "Plank on-the-ball" Core/scapular stabilization, into pike

3 Sets / 10 Reps



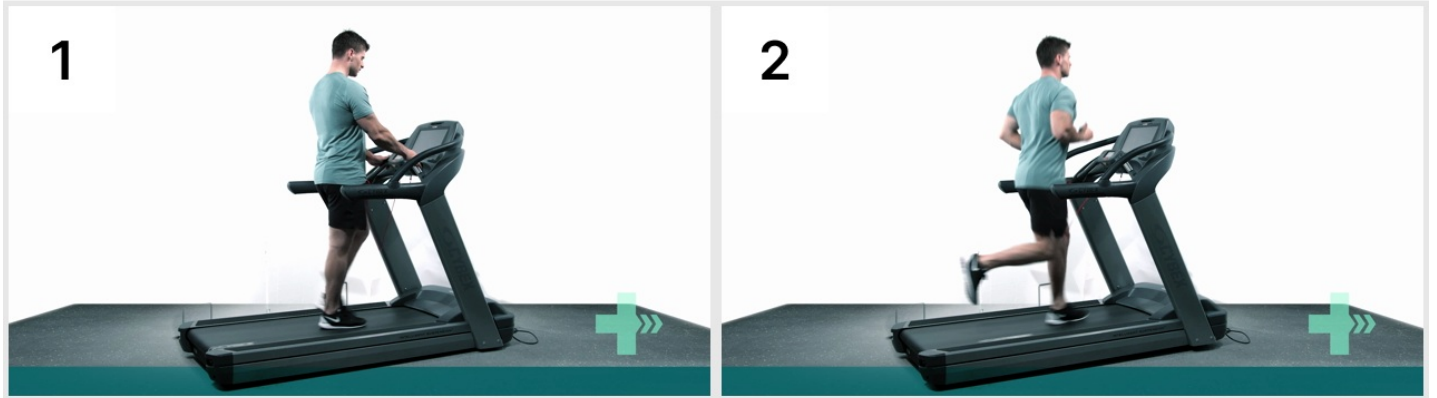
Lie over the stability ball with your hands under your shoulders and the ball under your thighs.

Keeping your legs straight, use your core muscles to pull the ball in, lifting your hips up and pulling your legs into a jackknife position.

Control the movement back to the start position and repeat.

20. Cardiovascular workout, treadmill

1 Set / 1 Rep / 30 min duration



Please consult your practitioner for how long you can use the treadmill and at what interval.