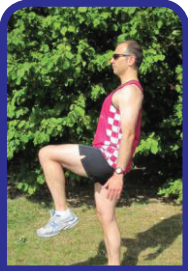




Leg Strength & Balance Warm Up

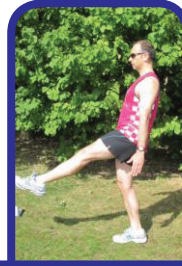
Perform 10-15 reps of each exercise

Do not place moving leg on floor until you swap over legs. Keep standing leg off lock at knee. Maintain balance throughout. Controlled motion.



1 / Leg Raise

Raise thigh parallel to floor and 90 degrees with lower leg and toes pointed, bring toes to floor and 'touch' and return up.



2 / Knee Extension

With thigh parallel to ground; extend at knee to straighten leg as in slow kicking motion.



3 / Lateral Leg Lift

Take leg out and up at side and back down.



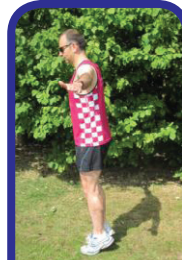
4 / Pendulum Swing

Swing leg in forwards and backwards motion from body line.



5 / Squat

Bend at knee as low as you can. Raised leg can be behind or in front or tucked against calf.



6 / Calf Raise

Raise onto ball of foot and down.

