

Strengthening Exercises

Double Leg Bridge:

Lying on your back, drive your heels into the ground and lift your hips toward the ceiling, squeezing your glutes at the top of the movement. Ensure you keep your knees aligned with your feet and do not over-extend through the lower back. Begin with 3 sets of 10 reps, progressively build to 3 sets of 20 reps. When you can achieve this, progress to single leg bridges and double leg elevated bridges.

Double Leg Elevated Bridge:

Lying on your back with your heels elevated on a box. Drive your heels into the ground and lift your hips toward the ceiling, squeezing your glutes at the top of the movement. Ensure you keep your knees aligned with your feet and do not over-extend through the lower back. Begin with 3 sets of 10 reps, progressively build to 3 sets of 20 reps. When you can achieve this, progress to single leg elevated bridges.

Gastroc Calf Raise:

Standing on one foot with your hands supported, push through the ball of your foot to lift your heel off the ground and then control as you return to the starting position. Aim to perform this exercise with 1 second to raise the heel, and then 1 second to control the decent. Begin with 3 sets of 10 reps on each side. This can be progressed up to 3 sets of 20 reps.

Hopping:

Hopping on one leg – aim to hop on one spot on the ground, be quick off the ground and keep your chest tall. Keep your sets of this light, starting with 10-15 seconds and gradually building to 30 seconds. It is important to stop your set if you start to lose form due to fatigue.

Lunge – Body Weight:

Stand in a long stride position. Drop your hips towards the ground, and drive through your front heel to return to the starting position. Keep your hips facing forward, chest up and ensure that your knee does not move towards your midline. Begin with 3 sets of 8-10 reps on each side and gradually build this to 3 sets of 15 reps. This can then be progressed to a rear foot elevated lunge.

Lunge – Rear Foot Elevated:

Stand in a long stride position and raise your rear foot onto a box. Drop your hips towards the ground, and drive through your front heel to return to the starting position. Keep your hips facing forward, chest up and ensure that your knee does not move towards your midline. Begin with 3 sets of 8-10 reps on each side and gradually build this to 3 sets of 15 reps. This can be progressed by adding weight.

Single Leg Bridge:

Lying on your back with one foot in the air, drive your heel into the ground and lift your hips toward the ceiling, squeezing your glutes at the top of the movement. Ensure you keep your knees aligned with your feet, keep your hips level and do not over-extend through the lower back. Begin with 3 sets of 10 reps and gradually progress this to 3 sets of 15-20 reps. This can be progressed to a single leg elevated bridge.

Single Leg Elevated bridge:

Lying on your back with one foot elevated on a box and the other in the air, drive your heel into the ground and lift your hips toward the ceiling, squeezing your glutes at the top of the movement. Ensure you keep your knees aligned with your feet, keep your hips level and do not over-extend through the lower back. Begin with 3 sets of 8-10 reps and gradually progress this to 3 sets of 15-20 reps.

Skipping:

While skipping with a rope, focus on being quick off the ground, keeping your toes towards your shins and keep your chest tall. Begin with 10 seconds of skipping followed by 30 seconds of rest. Gradually build this to 1 minute intervals and shorten the rest periods.

Soleus Calf Raise:

Stand on one foot with your hands supported and knee bent to roughly 30 degrees. Push through the ball of your foot to lift your heel off the ground and then control as you return to the starting position. Aim to perform this exercise with 1 second to raise the heel, and then 1 second to control the decent. Begin with 3 sets of 10 reps on each side. This can be progressed up to 3 sets of 20 reps.

Squat – Barbell:

Place a barbell across your shoulders. Maintaining a neutral spine, hinge from your hips to initiate the movement and then move your hips towards your heels. Push your knees out and drive through your heels to return to the starting position. Ensure you keep your core engaged and drive your knees out during the whole movement.

Squat – Bodyweight:

Maintaining a neutral spine, hinge from your hips to initiate the movement and then move your hips towards your heels. Push your knees out and drive through your heels to return to the starting position. Ensure you keep your core engaged and drive your knees out during the whole movement. Begin with 3 sets of 10 reps and gradually progress this to 3 sets of 15-20 reps. This can be progressed to the goblet squat.

Squat – Goblet:

Hold a weight in front of you close to your chest. Maintaining a neutral spine, hinge from your hips to initiate the movement and then move your hips towards your heels. Push your knees out and drive through your heels to return to the starting position. Ensure you keep your core engaged and drive your knees out during the whole movement. Begin with 3 sets of 10 reps and gradually progress this to 3 sets of 15-20 reps. This can be progressed to the weighted back squat.

Step Up – Banded:

Place a powerband around your waist and secure the other end near the ground behind you. Stamp onto a box, pushing through your heel and drive your opposite knee through focusing on squeezing your glute on the standing leg. You should finish in a tall and stable position with your hip in full extension. The box should be roughly mid-shin height. Begin with 3 sets of 5 reps on each side and gradually build to 5 sets of 5-8 reps. The focus must be on a fast movement and a strong finishing position.

Step Up:

Stamp onto a box, pushing through your heel and drive your opposite knee through focusing on squeezing your glute on the standing leg. You should finish in a tall and stable position with your hip in full extension. The box should be roughly mid-shin height. Begin with 3 sets of 5 reps on each side and gradually build to 3 sets of 10-12 reps on each side. This can be progressed to a banded step up.