

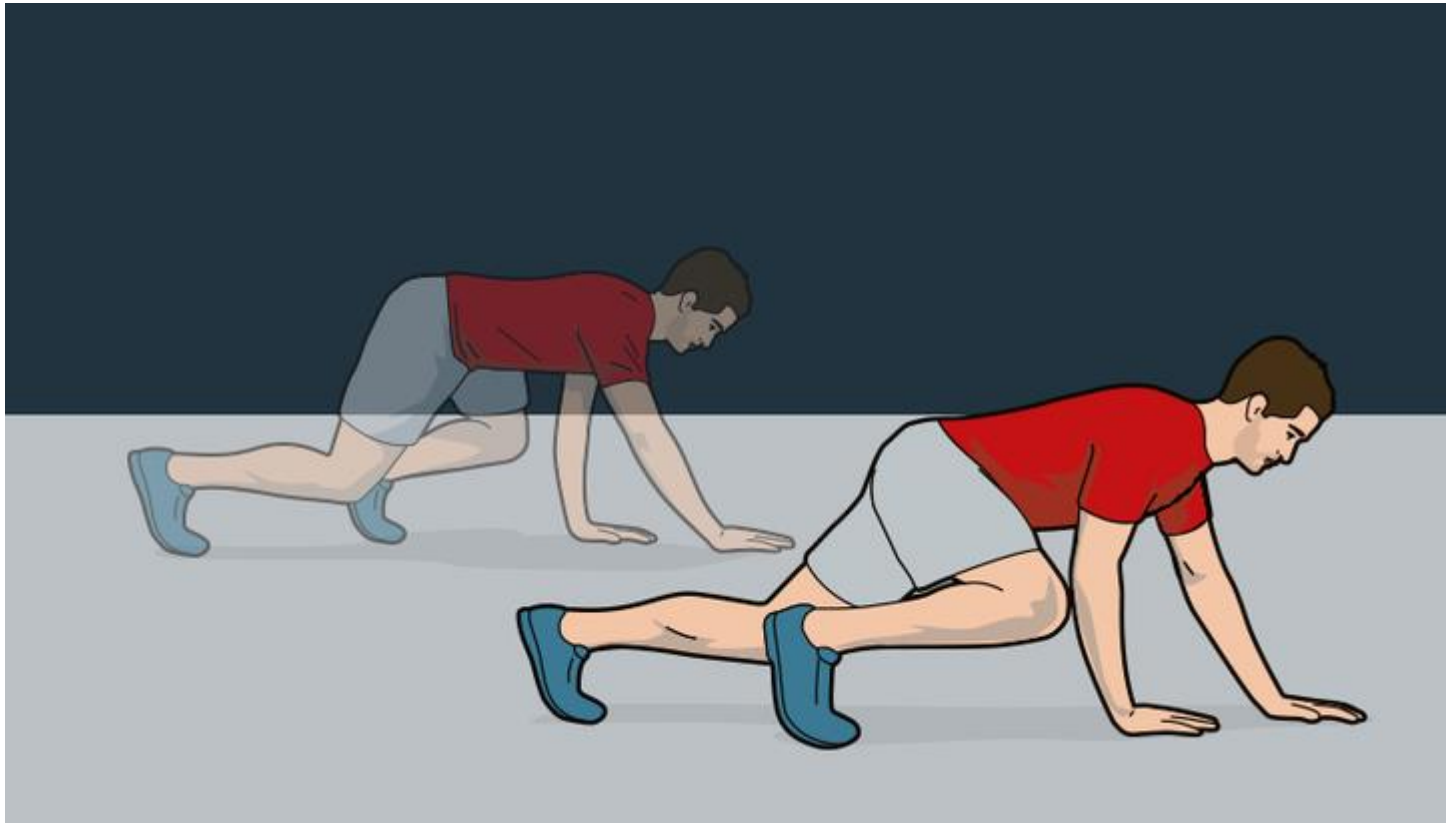
Single leg Romanian deadlifts

Sets: 5-8

Reps: 5-8

Rest period: 1-2 minutes

“Stand on one leg and bend forwards while bracing your core until your head and non-standing leg are in a straight line

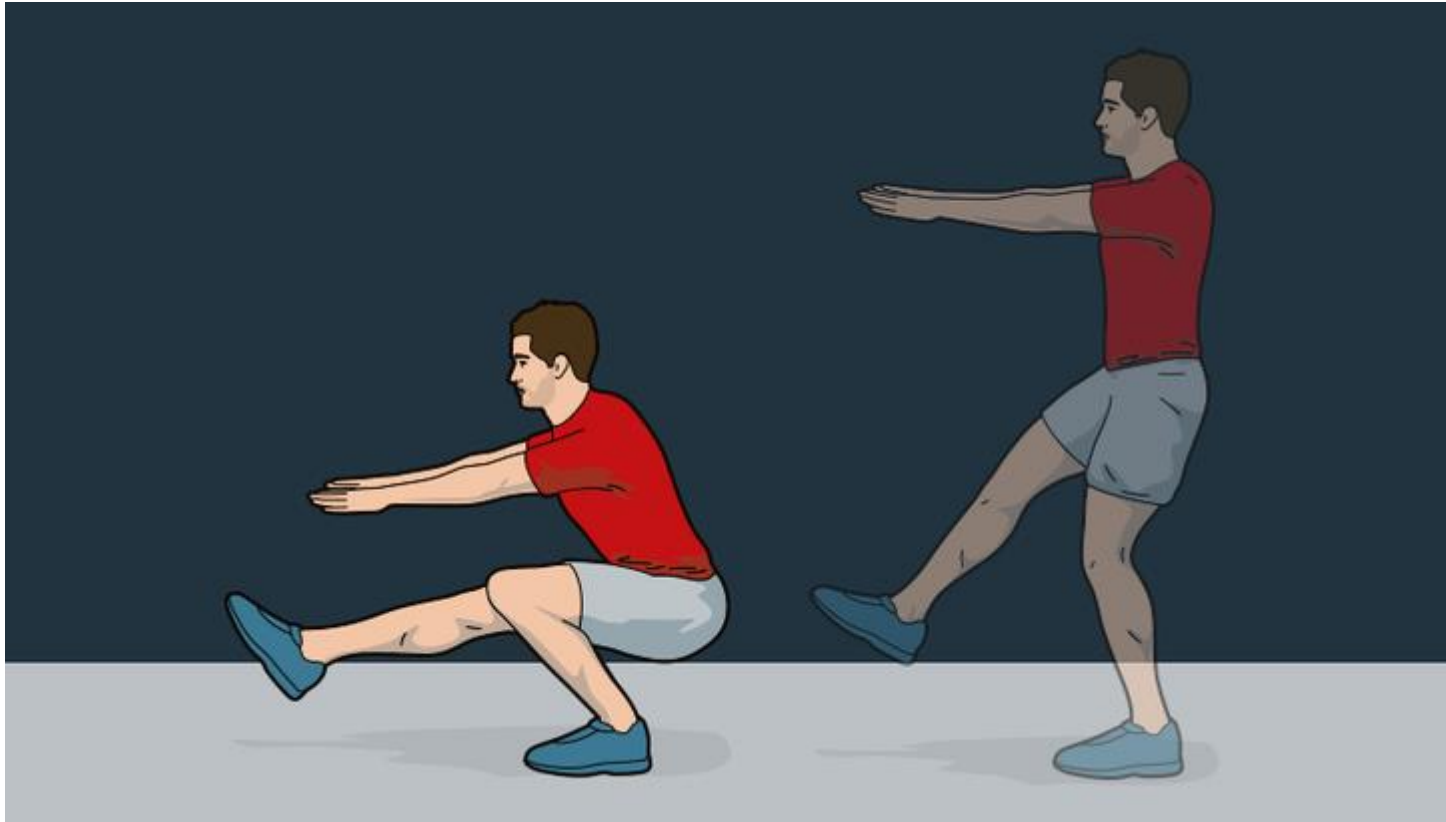


Bear crawl

Sets: 5

Rest period: 1-2 minutes

“This exercise will challenge your core,” Get on all fours, raise your knees off the ground and then stand on your tiptoes, keeping your back straight. Crawl forward for two minutes per set, maintaining this position.”



Pistol squats

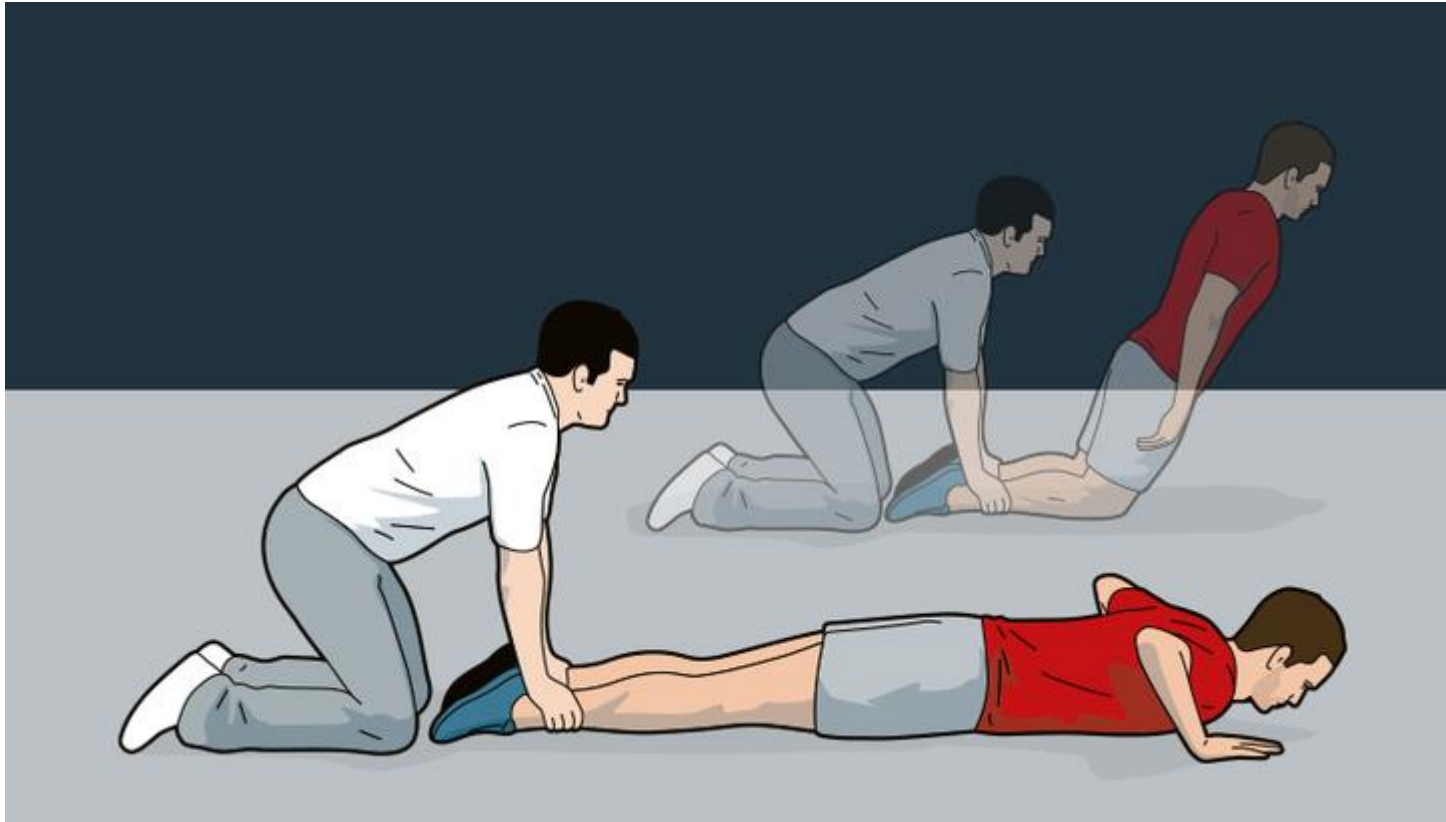
Sets: 5-8

Reps: 5-8

Rest period: 1-2 minutes

“Stand on one leg and put your arms and other leg out in front of you,”

“Lower yourself until your standing leg is at 90 degrees, then return to the start position.”



Nordic hamstring curls

Sets: 5-8

Reps: 5-8

Rest period: 1-2 minutes

“Ask a friend to hold your ankles and gradually lower yourself towards the floor, contracting your hamstrings and core,” place your hands on the floor to avoid hitting your face, then return to the start position.”



Box jumps

Sets: 3

Reps: 10

Rest period: 2 minutes per set

“Stand about two feet in front of a sturdy box or stool no higher than knee height and jump as high as you can, landing on the box with both feet – then step carefully off the box and repeat,” “Swing your arms upwards as you jump as doing that will allow you to gain more elevation.