



2 BACKWARD LUNGE

From a standing position, step backward bending your knees. Ensure your front knee stays in-line with your 2nd toe. Push up through your front leg to return to a standing position. Repeat. If you are getting pain, reduce the depth of your lunge and keep your knee behind your toes

SETS & REPS: 3 x 8-12

FREQUENCY: 3-4 x week

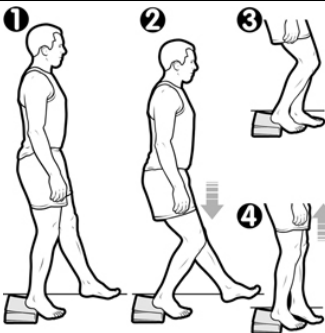


BODY-WEIGHT SQUATS

With your feet a shoulder-width apart, squat down, ensuring your knees glide over your second toes. you can add load to this and increase your depth

SETS & REPS: 3 x 8-15

FREQUENCY: 3-4 x week



1 2 3 ECCENTRIC SINGLE-LEG SQUAT

Standing on one leg with your heel on a thick book (1), slowly squat down (gliding your knee over your 2nd toe). return to standing. This can be complete on a step as a progression and can also add load

SETS & REPS: 3 x 8-15

FREQUENCY: 3-4 x week