

Warm up - 5 minute fast walk or slow jog

Perform each exercise for 45 seconds followed by a 15 second rest in between (45/15)

Repeat 3 times

1. Single leg bench driver

Why

Improves glute strength and activation and develops hip alignment stability

How to

Drive one leg up towards the ceiling by pushing off a bench and coming into a glute bridge position.

Hold at the top for 1-2 seconds before lowering and repeating.

Make it advanced

To increase difficulty lower down more slowly than you drive up.

Increase each rep to 60/15 and then 90/15 all for 3 rounds

Expert tip

Can be done off the floor, don't drop hips, brace through the core and ensure that the leg driving up is straight with a flat foot.



2.

The crane

Why

Improve co-ordination and develop hamstring and calf strength.

How to

Stand on one leg. Hold a small weight straight out in opposite arm and on that same side lift leg bent at knee to 90 degrees.

Keeping arm extended reach down towards the ground and return.

Make it advanced

To increase difficulty leg kicks out into a straighter position behind you as you reach down.

Increase each rep to 60/15 and then 90/15 all for 3 rounds

Expert tip

Can be done without weight, and you can reduce the distance that you reach down towards the ground.



3. Small band knee openers

Why

Develop even activation and strength of glute muscles

How to

Standing in a semi squat with feet shoulder width apart, place small band around knees, squat and open close knees and repeat .

Keep your arms up and extended out at 45 degrees above the head throughout

Make it advanced

Increase each rep to 60/15 and then 90/15 all for 3 rounds

Expert tips: Use bands of increased or reduced resistance.

