

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.

