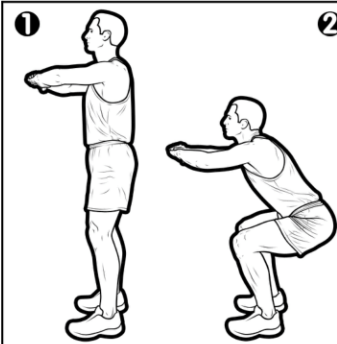


DOUBLE LEG WKOUT



② BODY-WEIGHT DEEP SQUAT

Stand upright with your feet hip-width apart (1). Squat down (as if to sit on a chair) until your knees are bent to approximately 90° (2). Push through your heels and straighten your knees to return to a standing position (1). Ensure your knees stay in-line with your 2nd toes and that your back remains in a neutral position. Repeat.

SETS & REPS: 3 x 10-12

FREQUENCY: 3 x week

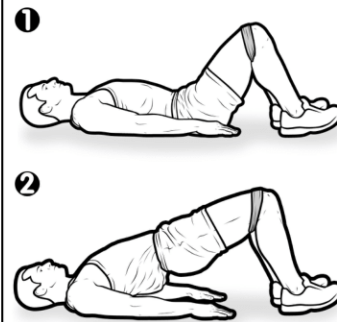


RESISTANCE BAND SIDEWAYS SQUAT-SHUFFLE

Place a small loop of resistance band around your thighs. Assume a shallow squat position with your knees bent and turned outwards. Keeping your feet at least a shoulder-width apart at all times, push off your right foot to step to the left. Concentrate on contracting your gluteals and ensure your knees remain turned outwards. Walk several steps to the left, then right.

SETS & REPS: 3 x 10/side

FREQUENCY: 3 x week



① SUPINE BRIDGE: HIP ABDUCTION

Lie on your back with your arms by your side, knees bent, feet on the floor and resistance band looped around your lower thighs (1). Contract your gluteals and push your knees out into the band as you raise your hips up as high as possible (2). Slowly lower and repeat.

SETS & REPS: 3 x 15

FREQUENCY: 3 x week



PRONE BRIDGE

With your forearms and feet on the floor and elbows directly under your shoulders, assume the plank position. Concentrate on keeping the spine in a neutral position and contracting your lower abdominals and gluteals. Hold.

SETS & REPS: 3 x to tire

FREQUENCY: 3 x week