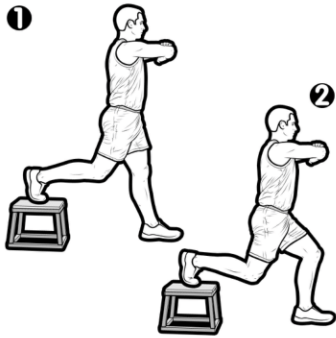


# SINGLE LEG WKOUT



## SINGLE-LEG SQUAT

Stand with the foot of your back leg on a step/bench (1). Slowly drop your back knee down towards the floor, squatting with your front leg until your knee reaches an angle of 45° (2). Pause then push up through your heel, contracting your gluteals, and return.

SETS & REPS: 3x12 on weak leg

FREQUENCY: 3 x week

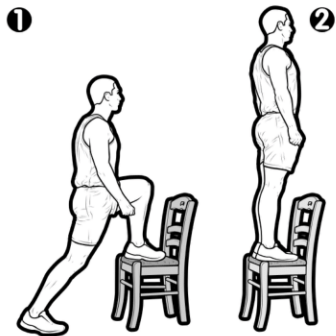


## LUNGE

From a standing position, step forward bending your knees to approximately 90°, dropping your hips straight down. Ensure your front knee stays in-line with your 2nd toe and do not lean forward, Push back to upright. Repeat.

SETS & REPS: 3x10 on weak leg

FREQUENCY: 3 x week

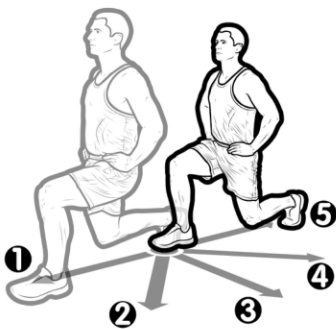


## STEP-UPS ON CHAIR

Stand approximately half a metre away from a stable chair. Place one foot flat on the chair (1) and step up onto the chair, placing your feet together (2). Carefully step back down with the same leg to return to the start position (1). Alternate legs.

SETS & REPS: 3x10 on weak leg

FREQUENCY: 3 x week



## MULTIDIRECTIONAL LUNGE

With the left leg lunge forward, keeping knee in line with 2nd toe (1), return to start. Perform a 45° lunge (pivot trailing foot 45°) (2). Then a lateral lunge (both feet forward, sit back into lunge) (3). Then a backward 45° lunge (pivot working foot 45°) (4). Finally a backward lunge (5). Repeat with the right leg.

SETS & REPS: 3x5 on weak leg

FREQUENCY: 2-3 x week