

1. Squat

🕒 3 x 8–16 repetitions

- **Purpose:** To develop good squat technique
- Keep your feet hip width apart
- Start the movement from the hip
- Keep your knees aligned with toes
- Sit down as if you are sitting on a chair
- Keep your back straight
- 3 x 8–16 repetitions



2. Backwards lunge

🕒 3 x 8–16 repetitions

- **Purpose:** To improve hip and knee control
- Lunge backwards
- Keep knees aligned with toes
- Maintain upper body in upright position
- 3 x 8–16 repetitions



3. Side lunges

🕒 3 x 8–16 repetitions

- **Purpose:** To improve hip flexibility and control
- Perform deep squats to each side
- Keep knees aligned with toes
- 3 x 8–16 repetitions



1. Diagonal cross steps

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen gluteal muscles
- Place an elastic band around your knees
- Bend hips and knees and walk diagonally forwards and backwards
- 3 x 8–16 repetitions



2. The diver

🕒 3 x 8–16 repetitions

- **Purpose:** To improve trunk control and hamstring strength
- Balance on one leg, with your knee slightly bent
- Tilt your upper body forwards from the hip
- Keep your head, back and opposite leg in a straight line
- Raise your arms overhead
- Progression: Hold a medicine ball or dumbbell
- 3 x 8–16 repetitions



3. Squat on bosu

🕒 3 x 10 repetitions

- **Purpose:** To increase stability in landings
- Feet hip width apart
- Elastic band around knees, stand on bosu
- Sit down as if on a chair
- Knees aligned with toes
- 3 x 10 repetitions



4. Dspin

🕒 3 x 8–16 repetitions

- **Purpose:** To increase stability in landings
- Perform a single-leg squat
- Rotate towards your non-standing leg at the bottom
- Rotate your upper body towards standing leg at the top
- 3 x 8–16 repetitions



1. Single-leg sideways hop

🕒 3 x 8–16 repetitions

- Purpose: To improve hip strength and control
- Put an elastic band around your waist
- Hop sideways against resistance
- Focus on soft landings
- Keep knee aligned over toes
- 3 x 8–16 repetitions



2. Turns

🕒 3 x 8–16 repetitions

- Purpose: To improve landing control
- Put an elastic band around your waist
- Hop and spin 45 degrees twice in each direction
- Keep knee aligned over toes
- 3 x 8–16 repetitions



3. Squat +

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Stand on bosu
- Keep feet hip-width apart
- Start the movement from the hip
- Keep knees aligned with toes
- Sit down as if you are sitting on a chair, keeping your upper body straight
- 3 x 8–16 repetitions

