

Notes:

**1. Balance**

- Stand on one foot on a trampoline.
- NOTE: Hold a stable object if needed.
- 1 MINUTE
- Progression: close your eyes

Frequency: 1 x / day Hold: 30 - 60 sec.

**2. bridge and curl**

- Lie on your back with your legs straight and ankles on a Peanut Ball.
- Press heels down into the ball, lifting your hips off the ground, and then bend your knees to pull ball up toward your buttocks.
- Return ball to starting position and repeat.
- PROGRESSION: Increase difficulty by lifting arms off the ground.

Sets: 3 Repetition: 10 Frequency: 1 x / day

**3. Stabilization Squat**

- Stand on the round part of Bosu ball with feet facing forward at hip width apart and arms out in front of body.
- Slowly lower body towards the floor bending the knees and hips.
- Try to maintain your balance, your back straight (slightly arched) and your knee cap aligned with 2nd toe at all times.
- Return to standing position and repeat.

Sets: 3 Repetition: 10 Frequency: 1 x / day

**4. Stabilisation Lunge**

- Stand in front of the bosu.
- Take a step placing the foot on the round part of the bosu
- Lower body down bending the knees to no greater than 90 degrees
- Keep your back straight (slightly arched) and the knee cap aligned with the 2nd toe.
- Return and repeat

Sets: 3 Repetition: 10 Frequency: 1 x / day

**5. Standing Reach**

- Standing on one leg, reach forwards slowly as far as you can before returning to your start position.
- Now reach as far as you can to the right and return to the middle.
- Repeat reaching to the left.
- Place the toe of your other foot on the ground to balance if required.

Sets: 3 Repetition: 10 Frequency: 1 x / day

Notes:

**6. Depth Jump**

- Standing on a stable object or step approximately 12 inches. Step forward to step off the step and drop to the floor to land on both feet and fall into a squat position to absorb the forces.
- Return to the top and repeat by alternating feet when stepping forward.

Sets: 3 Repetition: 10 Frequency: 1 x / day

**7. Single leg jumps**

- Trace a line on the floor.
- Stand on one foot and jump front to back over the line controlling the knee and ankle at each jump (knee cap aligned with second toe and avoid any lateral movement of the knee).

Sets: 3 Repetition: 10 Frequency: 1 x / day

**8. Single leg jumps**

- Trace a line on the floor.
- Stand on one foot and jump on each side of the line controlling the knee and ankle at each jump (knee cap aligned with second toe and avoid any lateral movement of the knee).

Sets: 3 Repetition: 10 Frequency: 1 x / day

**9. Single leg jumps**

- Trace a cross on the floor.
- Stand on one foot and jump to each corner over the cross controlling the knee and ankle at each jump (knee cap aligned with second toe and avoid any lateral movement of the knee.)

Sets: 3 Repetition: 10 Frequency: 1 x / day

**10. 4 point hops**

- Place 4 markers on the floor so they create a zigzag.
- Hop to the first one and land on one foot. Absorb the forces by bending the knee and keeping it stable.
- Then hop to the next to land on other leg and continue this way for all 4 points and turn around.

Sets: 3 Repetition: 10 Frequency: 1 x / day

Notes:

### 11. 4 point hops



- Place 4 markers on the floor so they create a zigzag.
- Hop to the first one by crossing your legs and landing on opposite foot. Absorb the forces by bending the knee and keeping it stable.
- Then hop to the next by crossing again to land on other leg and continue this way for all 4 points and turn around.

Sets: 3 Repetition: 10 Frequency: 1 x / day

### 12. Jogging



- Run forward.
- Run backwards.

Sets: 3 Repetition: 10 Frequency: 1 x / day

### 13. Trampoline Jumps



- Stand on a trampoline and jump on both legs as high as you can while keeping your balance.
- NOTE: Hold a stable object if needed.

Sets: 3 Repetition: 10 Frequency: 1 x / day

### 14. Trampoline Jumps



- Stand on one foot on a trampoline.
- Jump on one foot as high as you can while keeping your balance.
- NOTE: Hold a stable object if needed

Sets: 3 Repetition: 10 Frequency: 1 x / day