



You have 5 exercises

1 **Single leg bent knee calf raise with dumbbells**
15 reps 60 seconds rest 3 sets 10kg dumbbell

2 **High step ups on a box**
8 reps 60 seconds rest 3 sets

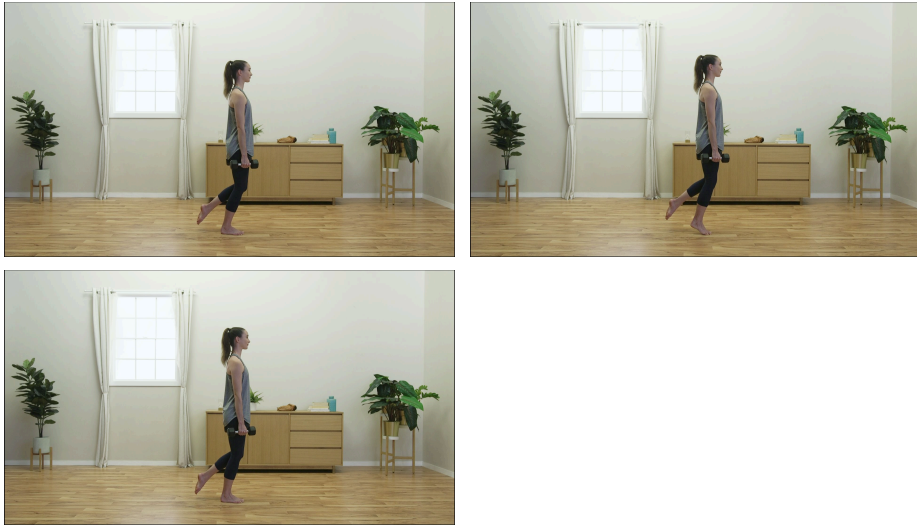
3 **Bulgarian split squat on a box**
8 reps 60 seconds rest 3 sets

4 **Back extension GHR**
10 reps 60 seconds rest 3 sets

5 **Drop jump off a box**
6 reps 60 seconds rest 3 sets

1 Single leg bent knee calf raise with dumbbells

15 reps 60 seconds rest 3 sets 10kg dumbbell



How to perform

1. Shift your weight to one leg, lift your other foot just off the floor, then bend your knee slightly.
2. Keeping your knee slightly bent, rise up on to your toes, then lower your heel down to complete the exercise.
3. Remember to rise and lower down slowly throughout the exercise.

i Practitioner notes:

Can load up to 1.4x body weight

2 High step ups on a box

8 reps 60 seconds rest 3 sets

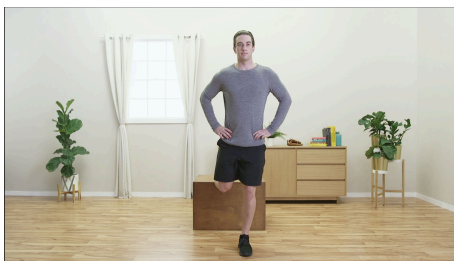
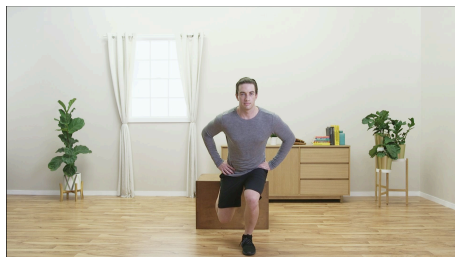


How to perform

1. Place one foot on top of the step.
2. Keeping your chest tall, push through your toes on the ground and your heel on the step to raise yourself up.
3. Then lower yourself down slowly to complete the exercise.
4. Remember to keep your front foot flat throughout the exercise.

3 Bulgarian split squat on a box

8 reps 60 seconds rest 3 sets



How to perform

1. Place one foot on to the box, ensuring adequate room between your front foot and the box.
2. Keeping your chest straight, lower yourself down, then pushing through your heel, stand back up without moving your feet to complete the exercise.
3. Remember to keep your head up and chest tall throughout the exercise.

Practitioner notes:

Each side

4 Back extension GHR

10 reps 60 seconds rest 3 sets

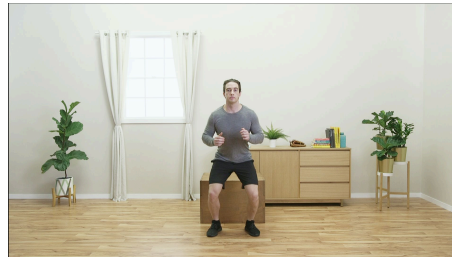
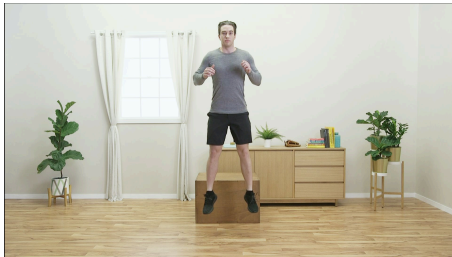


How to perform

1. Then lean forwards and rest your hands on the handles.
2. Keeping your body in a straight line, let go of the handles and bend forwards at your hips to lower your body towards the ground.
3. Then raise your body back up to complete the exercise.
4. Remember to maintain a straight line from your head to your hips throughout the exercise.

5 Drop jump off a box

6 reps 60 seconds rest 3 sets



How to perform

1. Keeping your head and chest tall, step off the box with one leg landing in a squat position on both feet.
2. Without pausing, jump straight upwards into the air.
3. Land softly on both feet and then stand tall to complete the exercise.
4. Remember to keep your chest tall and land softly throughout the exercise.