





Knee dips		<ul style="list-style-type: none"> • Standing on 1 leg on floor or step • Lower other leg and touch floor with foot and straighten up • Must keep knees going straight, do it in front of mirror to help • 3 x 10 each leg
Knee 'Clock'		<ul style="list-style-type: none"> • Imagine standing in middle of clock • BEND KNEE • With other foot tap round the numbers • 3 x 3 each leg
Body squats		<ul style="list-style-type: none"> • 3 x 10 • Chest and head up • Bend knees, keeping them out and parallel • Push through your heels to stand and SQUEEZE your glutes • 3 X 12
Split squats		<ul style="list-style-type: none"> • Step forward into lunge position – wide stance • Bend both legs and extend • Go up and down in the same place • Keep knees going straight • 3 x 10 each leg



Foam roller – on area that is tight, lift up onto it so body weight is applying pressure and roll for 10-15 minutes!