

Notes: Hi Frida, Great seeing you today! Attached are the exercises we went over to get started on. Enjoy!
-Brittany

1- SLS with hip at 90° - Sets:1-3 / Repetition:6-8 / Frequency:3-4x/wk



Stand on one leg and raise the opposite thigh parallel to the ground so the hip is flexed at 90 degrees.
Hold the position for the prescribed duration.
Keep the knee of the supporting leg straight, without being hyperextended.
Try to keep your eyes fixed on a stable object/point to help with your balance.



2- High knees drill - Sets:2-3 / Repetition:10/side / Frequency:pre run



Practice on the spot marching, then jogging with high knees. Be sure that the foot is coming up under the knee, not under your butt!

Remember to keep your toes up as though balancing a golf ball on them.

