



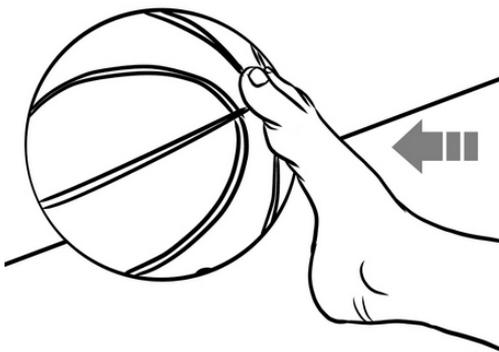
Step up onto the step and bring your opposite leg through so you are flexed at the hip.

At the same time drive through with your opposite arm and rise on to your ball of your foot.

Gradually lower yourself down from the step.

Make sure the movement is controlled throughout.

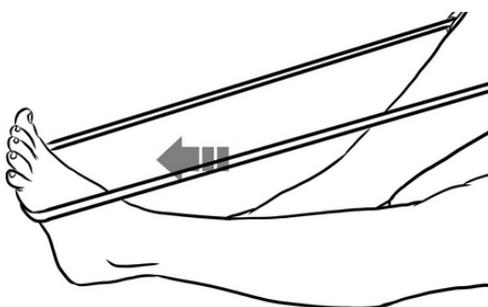
Sets 2 - Repetitions 2 - Time 2



Sit on the floor and place a ball against the wall.

Put the ball of your foot on the ball, keeping your heel on the floor, and push against the ball.

Sets 1



Sit on the floor, with your injured leg straight and the opposite leg bent.

Place the resistance band under your foot and hold both ends with your hands.

Point your toes towards the floor against the resistance band.

Sets 4 - Time 2