



### 1. Kettlebell one arm swing

Start position is standing one large pace behind the kettle bell, leaning forward with a straight back grasping the kettle bell with one hand. Maintain a good athletic posture with the head up, the eyes looking forward and the back straight, bending from the waist. The legs are flexed and hamstrings loaded. The free arm is to the side. Do not support the body by placing the free hand on the thigh. The kettle bell should be located around a hands length in front of the head and the arm should be reaching forward. Swing the Kettle bell in a 'hiking' motion in between the legs maintaining a good athletic posture. This loads the body correctly for the rest of the movement. Then triple extend the hips, knees, and ankles in an explosive manner. At this time, the arm should serve as a tether for the kettle bell guiding it to around eye level. The height of the Kettle bell is dictated by the explosiveness of the lower body. Ensure to pop out with the hips during the upward action. Lower the kettle bell by using gravity to control the decent back into the athletic position where the kettle bell should be held high up into the crotch, like a witch on a broomstick. Perform an equal number of repetitions using both arms.

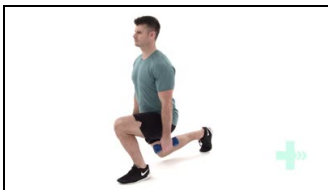
---



### 2. Step up with weight

Stand behind a step, holding weights in each hands. Step up, making sure your knee travels directly forwards over your toes, then step back down again with the same leg. You can alternate which leg you lead with but note, the leg starting on the step is the one to be exercised.

---



### 3. Lunge - weights

Hold the weights down by your side and step forwards on to the affected leg. Lunge straight down, bending both knees to 90 degrees, dropping your back knee towards the floor. Press back up and repeat this exercise. Make sure your front knee travels directly forwards over your toes.

---



### 4. Side plank on knees

Lie on your side and prop yourself up on your elbow. Bend your knees and lift your hips off the mat until you have a straight line from your knees to the top of your head. Hold this position for as long as you can.

---

