

Notes: Please note: These exercises may not be appropriate for you and you should consult a healthcare professional before you use them. You should not experience any pain during or after doing them. You can consult me via Skype if you want an exercise programme that is tailored to your specific needs. Best wishes, Maryke

1- Balance



Make sure that you have something solid to hold on to if you lose your balance. Only progress to the next exercise once you've fully conquered the first.

1. Balance on one leg while looking straight ahead. Aim: 30seconds without any wobble or sway.
2. Balance on one leg while turning your head from side to side or swinging your arms. Aim: 30 seconds without wobbling.
3. Balance on one leg while keeping your eyes closed. Aim: 30seconds without swaying or wobbling.

2- Level 1: Double leg squat



Starting position: Standing with feet pointing forwards and spaced hip distance apart.

Movement: Squat down by pushing your bottom out to the back (pretend you want to sit on a chair) and bending your knees. Hold the position for 3 seconds and return to standing upright.

Check that: Your feet stays in a good neutral position. Your knees should move in line with your second toe. Your bottom sticks far out to the back.

Dosage: Aim to get up to 3 sets of 12 repetitions over time. Rest 2 minutes between the sets.

Once you can easily achieve this progress by to the next exercise

3- Progression: Single leg supported squat



Start in a split squat position with your rear foot on a chair or step to help you balance. Bend the knee slowly to lower your body. Your knee has to move in a straight line with the middle of your foot and should not cross over the front of your toes. Hold the position for 2 seconds. Come back up.

Aim: Build up to 3 sets of 12 reps with a 2 minute rest between sets. Once you can do this, progress to the next exercise

4- Progression: Single leg sit-backs



Begin by standing upright on one leg in front of a chair or stool. Push your hips backward like you're going to sit down and bend your knee into a single leg squat position to lightly touch the chair with your bottom. Slowly return to the starting position. Keep your knee aligned with your second toe. If you find it hard, you may have to start by using a higher chair and slowly progress to using a regular chair. You should not use momentum.

Aim: Build up to doing 3 sets of 12 reps with a 2 minute rest between sets.