



Side Plank

Hold for 10-30 seconds, as able to progress.
 Lift top leg to make harder then progress to tapping the toe of top leg either side of the bottom foot, keeping body straight



Glut Medius Standing

Push knee into the wall then perform a single leg squat.
 2 sets of 10 is a good start, progress to 2-3 sets of 15-20.

Hip Stability



1) With your feet shoulder width apart, lift your hips to make a bridge, with your hips, knees and shoulders forming a straight line.

2) Keeping your hips level, lift one foot just off the floor.

3) Hold for a count of 10 on each side

Bridging

To progress, perform a bridge with one leg then straighten the other and lift up and down like a single leg squat movement.