

Hamstring lower – see Level 1 for details

2 sets X 8 reps

Running man

- Stand on one leg with one arm raised above the head (photo A)
- Keep the heel on the ground; do not let the other foot touch the ground
- Squat, while keeping the heel on the ground
- Lower the raised arm so both arms are down (photo B)
- Rise from the squat and raise the other arm over head (photo C)
- Exercise Tempo – 2-2 (2 seconds down – 2 seconds up)
- Continue squatting on the same leg while alternating arms for 15 repetitions
- Repeat on the other leg
- Complete 2 sets of 15 repetitions on each leg; rest for 10 seconds between each set
- To increase the challenge, when ready, perform the movements faster, while still concentrating on balance



2 sets X 15 reps on each leg

Side plank side-to-side

- Start in a front plank position with the weight resting evenly on the forearms (photo A); hold for 1 second
- Roll to the side position (photo B); hold for 1 second
- Roll again back to the front (photo C); hold for 1 second
- Roll to the other side (photo D); hold for 1 second
- One repetition is completed when each of these four positions has been held for 1 second



5 reps

Keep straight

Single leg jump forward and back

- Stand on the right foot, jump forward and land on the left foot
- Raise arms as if taking a mark
- Start with a small jump and slowly increase jumping distance
- Jump back and land on the right foot
- Again raise arms as if taking a mark

- Perform *continuously* with no pause
- Complete 20 jumps (10 forward, 10 backward)
- Repeat, starting on the left foot, jumping forward and landing on the right foot

20 jumps each leg

Run forward, jump and land

- Using a 3-step run-up, jump off one leg directly ahead, as if mimicking marking a ball, and land on the other leg
- 20 jumps (10 each leg) alternating legs
- To increase the challenge, have a partner handball slightly to either side

10 jumps each leg



More challenge