

	Exercise 1	Exercise 2	Exercise 3	Exercise 4
Week 1	Glute kick ups 8 reps x 2 sets	Romanian Deadlift 2 x dumbbells 3 kgs or less. 5 reps x 3 sets	Air Squat No weight 10 reps x 2 sets	VMO ball squeeze 10 reps with 1 second pause at bottom of squat x 2 sets
Week 2	Banded clam shells 10 reps each side x 2	B stance RDL 2 x dumbbells 3 kgs or less 5 reps each side x 3	Squat May progress to using weights if you found last week too easy. 10 reps x 4 sets	Laying adductor lift 10 reps each side x 2
Week 3	Fire hydrant 8 reps each side x 2	B stance RDL 2 x dumbbells 3 kgs or less 8 reps each side x 3	Squat May progress to using weights if you found last week too easy. If you used weight last week, increase weight this week. 10 reps x 4 sets	Laying adductor pulse 5 reps with 5 second pulse at top each side x 2
Week 4	Banded donkey kicks 10 reps each side x 2	Single leg RDL 2 dumbbells 5 kgs or less. 5 reps each side x 2	Squat May progress to using weights if you found last week too easy. If you used weight last week, increase weight this week. 5 reps x 5 sets	Hip flexor lift overs 10 reps each side x 2 Increase height of object next week.

Exercise	Video link
Glute med kick ups: Laying on your side, bottom knee bent to 90 degrees, top leg straight, calf resting on shoe. Try and keep this position, raise top leg up about 45 degrees from floor, while pointing foot towards the floor. You should feel this around your hip joint and in the top of your glutes.	https://www.youtube.com/watch?v=-52pJTfTRoE

Exercise	Video link
Banded clam shells With band placed around you legs, above knees, lay on side with head supported. Bend knees to 90 degree, feet on top of one another. Keeping feet together, raise top knee up until the band is taught and slowly lower down. Focus on the movement coming from your glute not your back. If this is too challenging to start, try with no band.	https://www.youtube.com/watch?v=39vuP5xozsl
VMO Ball squeeze Place medium size ball (volleyball/ dodgeball type) between knees. While squeezing ball, lower down into squat and pause at the bottom of the squat. Return up to standing, squeezing the whole time.	https://www.youtube.com/watch?v=dxX3mp9f8qs
Fire hydrant exercise - great glute exercise, ensure you don't put too much pressure on low back by raising leg too high.	https://www.youtube.com/watch?v=IRkRgk2Gc1E
Banded donkey kicks On all 4s, put band around legs, above knees, in the same position as the clam shells. Raise on foot off the ground with knee bent to 90 degrees, and raise towards ceiling. Ensure you do not raise your leg higher than parallel as this takes away from the glute exercise and put pressure on lower back. As previous, if this is too challenging, take away band while learning.	https://www.youtube.com/watch?v=a8f_Av697uw
Romanian Dead lift Try with no dumbbells to start with, then holding small weights in both hands lower hands down front/ side of legs while keeping back straight. You should feel the exercise in hamstrings, but not too much. Easy to go too far and too heavy with this exercise when starting out, so take it slow.	https://youtu.be/hQgFixeXdZo?si=v2zD-uBz8wOIDfFK
B stance RDL (Romanian Deadlift) progression from regular RDL, this puts more emphasis on the leg which is straight. As with RDL, take it easy, don't go too heavy or do too many reps to start with.	https://www.youtube.com/watch?v=NqL21LLv5ak
Single leg RDL - another progression from RDL, if you find this too hard to balance, scale back to the B stance as it is equally good for hamstring strength.	https://www.youtube.com/watch?v=MsE_T9nAsSE

Exercise	Video link
<p>Squat - Air squat, or squat with no weight, is a great place to start on your squat journey. Squats are an amazing all body exercise for all over leg, glute and core strength. As you feel more comfortable with these you can add weights, either dumbbells in each hand placed in 'rack' positions on shoulders, or with a barbell on your back. When you get to this stage I can help you through doing it safely and effectively.</p>	<p>https://www.youtube.com/watch?v=ckvHymGK3s0</p>
<p>Laying adductor lift - great targeted adductor exercise. You wont need to use any weight for this as it will be difficult enough with nothing!</p>	<p>https://www.youtube.com/watch?v=bQ4YHTCGKaM</p>
<p>Laying adductor pulse - same set up as the above exercise, however rather than raising and lowering, you will be pulsing at the top of the movement.</p>	
<p>Hip flexor lift overs - great for targeted hip flexor strengthening. Once things have calmed down it's time to strengthen. Make the object you're lifting over quite low to the ground to start as you want to take it slow to start.</p>	<p>https://www.youtube.com/watch?v=nsqcVSHdJmE</p>