

## Priya strengthening plan

Exercise	Week 1	Week 2	Week 3	Week 4
Glute med kick ups	1 set x 15 reps each side	2 sets x 20 reps each side	4 sets x 25 reps Each side	4 sets x 30 reps each side
Ball squeeze & squat	1 set x 7 reps with 2 second pause in lower position	2 sets x 10 reps with 2 second pause in lower phase	3 sets x 15 reps with 5 second pause in lower phase	3 sets x 15 reps with 10 second pause in lower phase
Clam shells with band	1 set x 10 reps each side	2 sets x 15 reps each side	4 sets x 20 reps each side	4 reps x 25 reps each side
Donkey kicks with band	1 set x 10 reps each side	2 sets x 20 reps each side	4 sets x 25 reps Each side	4 sets x 30 reps each side

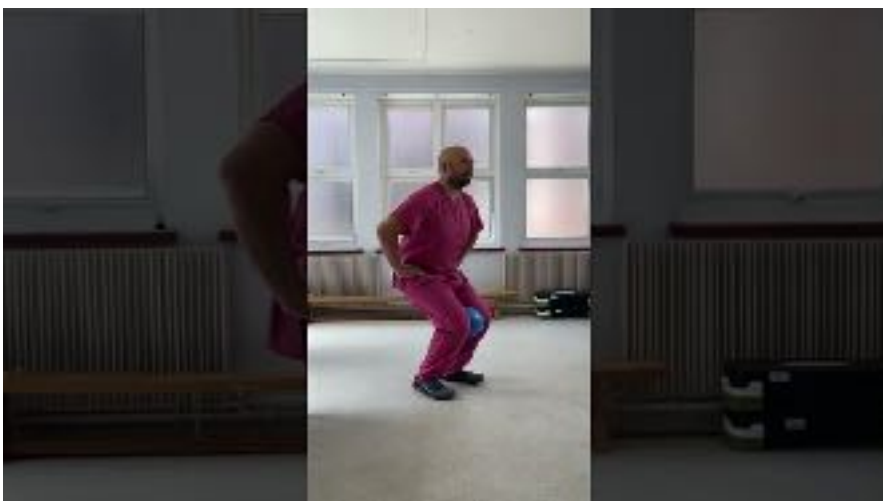
### Glute med kick ups:

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.



### 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.



### **Banded clam shells**

With band placed around your 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.



### **Banded donkey kicks**

On all 4s, put band around legs, above knees, in the same position as the clam shells. Raise one 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.

