

Myrtle & Leg Strength

- 1. Clams:** Lying on side with knees bent and ankles together. Raise upper leg **10-15 times**. Switch sides.
- 2. Lateral Leg Raises:** Lying on side with legs straight. Do **10+ of each:** foot neutral/dorsiflexed, foot inversion/dorsiflexed, foot eversion dorsiflexed.
- 3. Donkey Kicks:** From kneeling position, keeping knee bent raise one leg backward (linear) **10 - 15 times** in fluid but not fast motion.
- 4. Donkey Whips:** From kneeling position, straighten one leg and move it laterally(adduction)**10 times**, beginning and ending in kneeling position for each repetition.
- 5. Fire Hydrants:** From kneeling position, keeping knee bent, raise leg laterally **10-15x**.
- 6. Knee circles:** From kneeling position, make circular motions with one knee. Similar to trail leg of a hurdler. **15x**.
- 7. Hurdle Trail Leg (Forward):** From Standing position, leaning against a wall/tree, raise one leg in circular motion, keeping knee bent like that of a hurdler. **10x**
- 8. Hurdle Trail Leg (Backward):** From Standing position, leaning against a wall/tree, raise one leg in circular motion in reverse, keeping knee bent like that of a hurdler. **10x**
- 9. Single Leg Squats:** From seated position, stand using one leg. Limit arm swing. 2 x 20, each leg
- 10. Eccentric Calf Raises:** Using a curb, drop below neutral and raise as high as possible. 2 x 20
- 11. Lunges:** 2 x 30m, forward and backward
- 12. Side Lunges.** 20 each side