

Lower Limb Exercises



Squats

- Stand tall with feet hip width apart.
- Slowly bend your knees down and stick your glutes backwards like you are going to sit on a chair.
- Keep your feet flat on the floor and your knees in line with your toes – do not let your knees drop inwards.
- Aim for as low as you can then slowly straighten your legs and repeat.



Lunges

- Stand tall and take one foot out forwards in a big step.
- Keep your front foot flat on the floor and your back foot up onto tip toes.
- Bend both knees down simultaneously, aiming towards 90 degrees whilst keeping your back upright.
- Then straighten both knees up and push back into your original standing position and repeat.



Hip abductions

- Stand tall and hold onto something for support if needed.
- Whilst keeping your torso upright, take one leg directly out to the side, keeping your foot straight forwards.
- Then bring your leg directly back into your body and repeat.
- Do not twist your foot out to the side or lean over.



Leg extensions

- Whilst sitting on a chair, squeeze your thigh muscles and lift one leg straight up out in front of you.
- Try to lift your thigh up off the chair, hold your leg up for a second and then slowly lower your leg back down to the floor and repeat.
- Try not to use your hands for height or lean down the chair.



Step ups

- Standing in front of the step, step onto the step with one foot, bring your other leg through and upwards.
- Hold the position and then step back down with the same leg.
- Change to the opposite leg and repeat.



Calf raises

- Stand tall with feet hip width apart.
- Hold on to something for support if needed.
- Then slowly lift up onto your tip toes.
- Pause and then slowly lower down to your heels and repeat.



Side lunges

- Stand tall with feet hip width apart.
- Take one foot out directly to the side, keeping your feet pointing forwards.
- Then simultaneously bend your knee down to 90 degrees.
- Take your glutes backwards and keep your knees in line with your toes.
- Then straighten your leg and push back to the original standing position and repeat.



Crab walks

- Stand tall with feet shoulder width apart.
- You can start with a theraband around your ankles to make the exercise harder if you wish.
- Then slightly bend your knees and torso forwards and begin by taking one leg out directly to the side.
- Next bring your opposite leg in towards the middle of your body.
- Continue this technique till you have completed 10 on one side, then swap to the opposite direction.



Wall squats

- Place the gym ball onto the wall and rest the ball onto your lower back.
- Lean into the ball and bring your feet out forwards hip width apart.
- Then slowly bend your knees down, aiming for 90 degrees, whilst keeping your torso upright.
- Keep your knees in line with your toes and feet flat on the floor.
- Then squeeze your glutes and return to standing and repeat.



Leg curl

- Start with lying on the floor on your back.
- Place your feet on top of the swiss ball, with your knees bent at 90 degrees and lift your hips up off the ground.
- Dig your heels into the ball and squeeze your hamstrings and glutes.
- Slowly start to straighten your legs and roll out the ball forwards.
- Then slowly start to bend your knees, bring the ball back in towards your glutes and repeat.

Bridging



- Start by lying flat on your back on a mat or a plinth with your arms resting by your side.
- Bend your knees up to 90 degrees, with your feet slightly apart and flat on the floor.
- Squeeze your hamstrings, glutes and core, and then slowly lift your hips up towards the ceiling.
- Then slowly take your hips downwards and repeat.

Glute clam



- Start by lying flat on one side.
- Place your hand underneath your head for support and bend your knees up to 90 degrees keeping your feet on top of each other.
- You can use your opposite arm to hold the plinth or rest beside you.
- Squeeze your core and slowly lift your top knee towards the ceiling whilst keeping your feet together.
- Try to keep your torso straight and still.
- Then slowly lower your knee down and repeat. Remember to change sides.



Supermans

- Start on all fours on a mat or a plinth.
- Whilst squeezing your glutes and core muscles, slowly take one arm out directly in front and take out the opposite leg directly backwards.
- Try to keep your back in a straight line and do not twist your hips.
- Bring both your arm and leg back in to all fours and repeat with the opposite arm and leg.