Exercise Sheet – Lower Strength (hip dominant single leg) – Knee raise/hip extension

Purposes;

* Activates key muscles for running, particularly the glutes
* Movement pattern for hip extension, raising hip on swing leg and resisting rotation
* Enhances balance and proprioception.

#### Stage 1 – knee raise/hip extension

* Stand on one leg and raise the other leg to 90 degrees.
* Drive leg backwards behind stance leg whilst keeping body straight.
* Ensure body stays straight.



#### Stage 2 – raise up onto toes on stance legs

* Raise up onto toes on stance leg keeping body straight and “tall”



#### Stage 3 – upper body rotation

* Rotate upper body to the side
* Keep knee facing forward



#### Stage 4 – hip rotation

* Rotate raised leg to the side
* Keep upper body facing forward



#### Stage 5 – stick drill

* Repeat knee raise/hip extension from stage 1 holding a stick above your head
* The aim is to keep as tall as possible without “falling over” to the side
* This can be progressed to a walking, skipping and running drill

