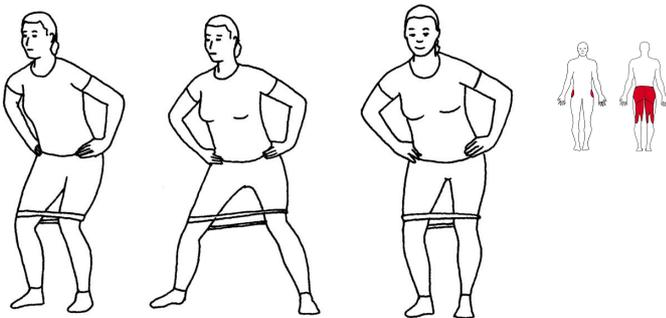


### 1. Standing Hip Extension with band

Stand with your hands placed on the backrest of a chair. Place the elastic band around your ankles. Stand upright while you move your leg straight backwards. Move as far as you can without arching your back. Do on both sides.

**Sets: 3 , Reps: 12**

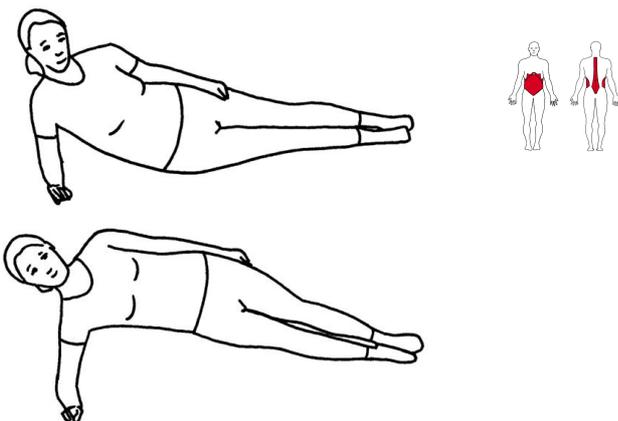


### 2. Lateral walk with band

Stand with your feet shoulder width apart with band around your thighs. Make sure you have appropriate tension in the band. Stand with a light bend in your knees and hips and have your hands placed on your hips. Maintain tension in the band while you take steps laterally. Hold on to the kitchen worktop or something similar for support if needed.

(1 rep = 10 steps left and right)

**Sets: 3 , Reps: 20**

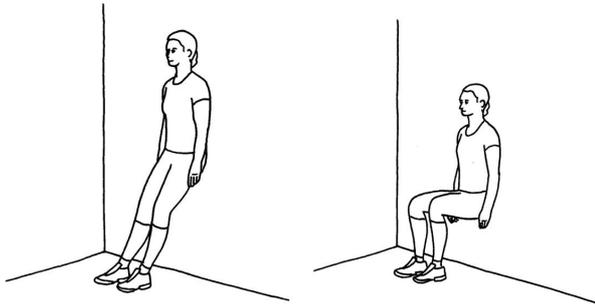


### 3. Static side plank

Lie on your side and lean on one elbow. Lift your hip from the ground and keep your spine and pelvis neutral. Hold the position and return to the starting position before repeating.

**Sets: 3 , Reps: 1**

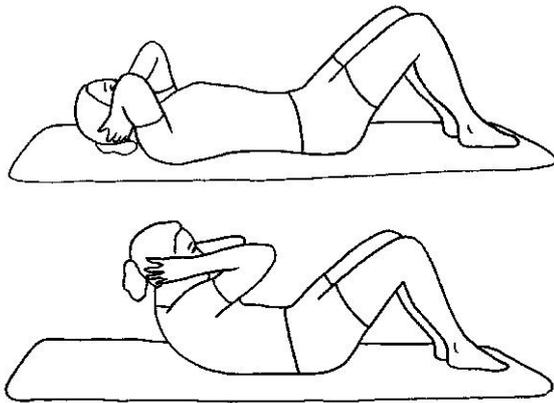




### 4. Wall sit

Stand with your back leaning against a wall. Squat to a sitting position while continually leaning firmly against the wall. Stay in this position. Return to the starting position by sliding up along the wall.

**Sets: 3 , Reps: 1**

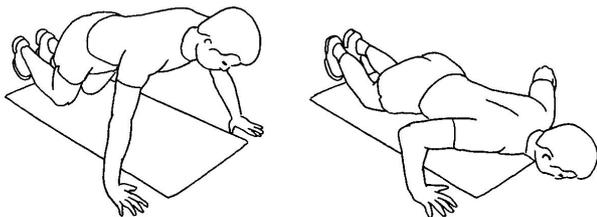


### 5. Oblique sit up

Lie on your back with bend at the hips and knees. Keep your hands behind your neck and squeeze your core to lift your head and upper body to one side, so that only the lower back touches the ground. Lower the back carefully back down and then repeat the exercise to the other side (alternate). Do both regular and oblique sit-ups.

(1 set = 10 each side)

**Sets: 3 , Reps: 20**



### 6. Push ups

Start on your knees with your body rigid. Place your hands on the floor in line with your shoulders. Lower your body toward the floor, then push upward without bending your hips. Keep your weight over the upper body. You can also do this on your toes but be careful not to let your lower back dip down.

**Sets: 3 , Reps: 10**

