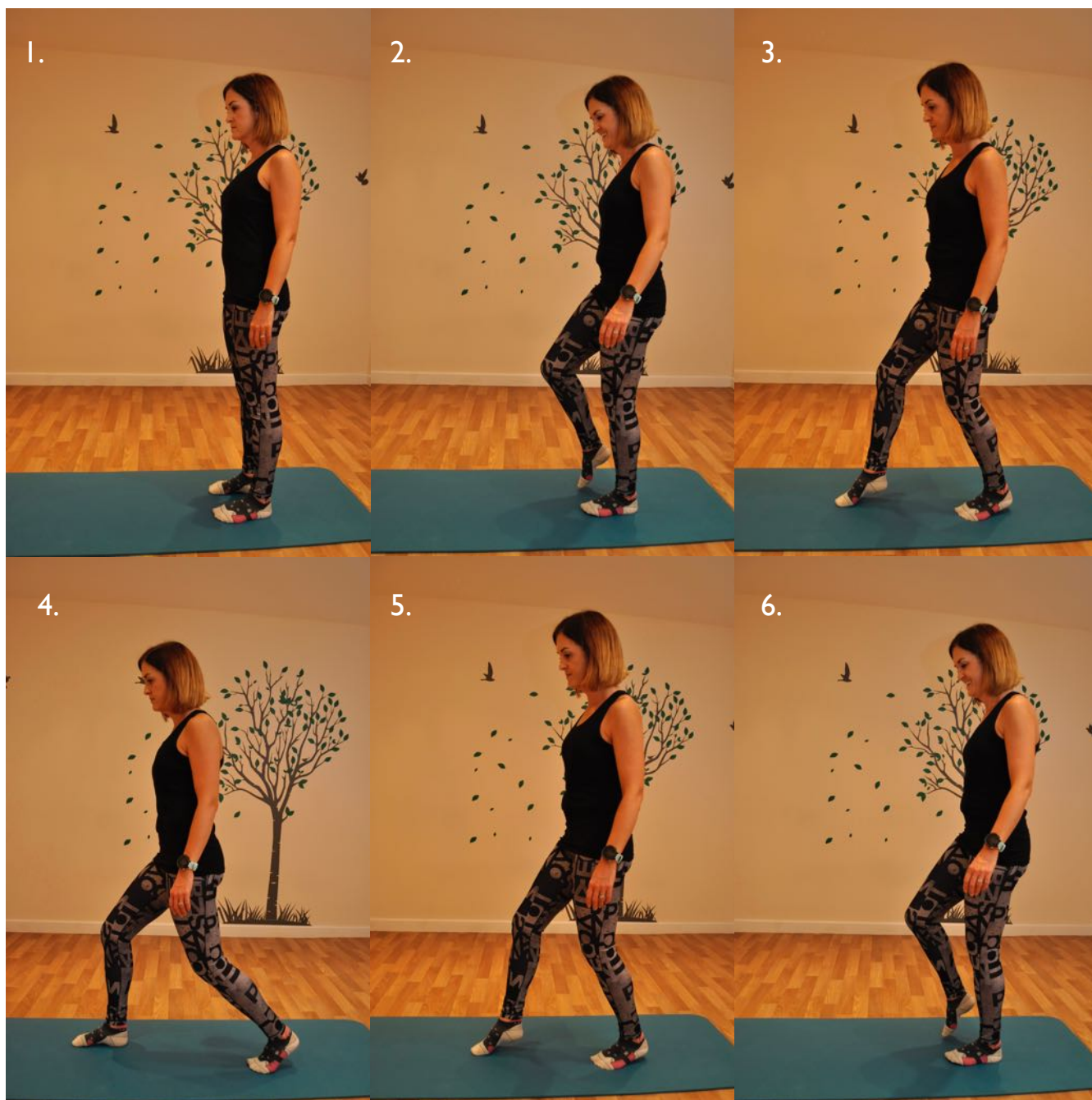


# Lower limb strength exercises - sheet 1



## Exercise 1 - Gentle lunges

1. Position yourself as in picture No.1 above
2. Gently step forward with your right foot until keeping the front knee slightly bent, and allowing your back heel to raise, as in pictures 2-4, your front knee should be in line with your front foot, not drifting to the side. If it does drift shorten your stance to make it easier.
3. Step back into a standing position, as in pictures 5 ,6 and 1
4. Repeat exercise 10 times.
5. Swap legs, so you are stepping forward with your left instead and start exercise again.