



## CRAP SESSION 4 – LEGS 11

### Warm Up

- 1. Knee rocks** - Lie on floor, feet flat on floor, knees bent. Rock knees from side to side increasing range if possible. 20 rocks (10 each side). 2 - 3 cycles.
- 2. Glute stretch** – Lie on floor, place one foot on top of quad of other leg – both legs bent. Thread arms under top leg and hold lower leg. Pull towards chest. Hold 30 – 60 secs. Swap sides. 3 times each side.
- 3. Calf raises and stretches** – stand with balls of feet on step. Lower both heels towards ground and hold for 10-15 secs. Lift up heels above step tread and hold for 10-15 secs. Repeat 8-10 times. Rest 60 seconds. 2-3 times through.

### Main Skills

- 4. Reach and rotate** – Back to wall, one foot flat on wall. Reach arm (same side as bent leg) forwards and across. 8-10 reps each side. 2-3 cycles.
- 5. Bulgarian squats** – One leg supported on chair or similar, lower into lunge position hold for 3 seconds and lift up. 8-10 reps each leg. 2-3 cycles.
- 6. Dead Bug** - Lie on back with knees and arms up (legs bent). Alternate one leg and opposite arm to full stretch position controlling in both directions. 8-10 each side. 2-3 times through.
- 7. Crab walks** – TheraBand/ elastic around legs just above knees. Half squat position step sideways 10 paces and back other way. 3 lines each side. Rest 60 seconds. 2-3 cycles.
- 8. Hamstring curls** – Legs on ball, resting on heels, lift bottom off ground. Draw heels towards bottom and back to straight. 8-10 reps. Rest 60 seconds. 2-3 cycles
- 9. Adductor lunge** – Lunge sideways so one leg bends. Aim for horizontal quad position. Hold for 3 seconds and lift. Same side for 8-10. Swap sides. 2-3 cycles.

### Cool Down / Stretching

- 10. Hurdle stretch** – bend front leg in, stretch back leg back and lean forward over front leg. Hold stretch for 30 – 60 seconds. Swap legs. 3 times each side.
- 11. Lateral stretch** – Stand sideways to anchor point, outer leg tucked behind inner leg. Reach arms up and over to anchor point to stretch lateral muscle groups in torso and legs. Adjust hip and shoulders for greater stretch. Hold stretch for 30 – 60 seconds. Swap sides. 3 times each side.

Work at your own pace and take rest between sets and between exercises. You can run through skills 4 – 8 in a circuit-style program working 1-2 sets of each skill through all skills and then return to the top of the main skills section.