



WARM UP

STEP UP

GLUTE HAM  
RAISE  
HINGE

GLUTE HAM  
RAISE  
HYBRID

GLUTE HAM  
RAISE  
ECCENTRIC

PISTOL  
SQUAT

HAMSTRING  
CURL

BODYWEIGHT  
BACK  
EXTENSION

SKATER  
SQUAT

SINGLE LEG  
DEADLIFT

BILATERAL  
GLUTE BRIDGE

SINGLE LEG  
GLUTE BRIDGE

SIDE PLANK  
SHORT LEVER

SIDE PLANK  
LONG LEVER

ADDUCTOR  
BRIDGE SHORT  
LEVER

ADDUCTOR  
BRIDGE LONG  
LEVER

POSTERIOR  
CHAIN SPLIT  
SQUAT

ANTERIOR  
CHAIN SPLIT  
SQUAT

REVERSE  
HYPER-  
EXTENSION

SISSY SQUAT

KNEELING  
QUAD  
EXTENSION

WALL  
SQUAT

STRAIGHT LEG  
CALF RAISE

EXPLOSIVE  
STRAIGHT LEG  
CALF RAISE

BENT LEG  
CALF RAISE

WALKING  
CALF RAISE



# WARM UP

Calf release: 2 min L/R



Calf stretch: 1 min



Knee to wall: 15 reps L/R



Plank: 30-60 sec





Marching hip flexor: 10 reps L/R



Fire hydrant: 5 reps ↶ 5 reps ↷ L/R



Squat: 10 reps



Hip hinge: 10 reps





Front leg swing: 10 reps L/R



Side leg swing:  
10 reps L/R



Squat side to side:  
10 reps L/R



Squat front to back: 10 reps



Roll to squat: 5-10 reps





# STEP UP



Place the foot of the working side on the box.  
Assume an upright posture with  
the rear leg on the floor.





Lean forwards shifting the body weight onto the box foot. Allow the rear foot to float off the ground, minimising the amount of leg drive used. The knee of the stance leg should stay over the middle of the foot.



Rise to the top of the movement keeping a slight bend in the knee. Lower towards the ground controlling the entire ROM. Silently place the rear foot onto the ground.



**DIFFICULTY**



*Taller box*

*Smaller box*

*Minimise use of rear leg*



# GLUTE HAM RAISE HINGE



Assume a kneeling position using a pad underneath the knees. Fix the ankle and calf underneath a stable surface or use a partner.



Lean forwards to tension the hamstrings. Hinge at the trunk lowering the head towards the ground.



Think of flexing at the knee, attempting to lift the heels towards your head. Reverse the motion to an upright posture, sustaining a forward lean.



**DIFFICULTY**



*Increase degree of forward lean*

*Hinge with the weight shifted closer towards feet  
Limit ROM*





# GLUTE HAM RAISE HYBRID



Assume a kneeling position using a pad underneath the knees.  
Fix the ankle and calf underneath a stable surface or use a partner.  
Choose a posture which can be sustained throughout the range.  
Lower down to the floor and reverse to the starting position.



**DIFFICULTY**



*More vertical posture  
(increased hip extension)*

*More hinged posture  
(increased hip flexion)*

*Limit ROM*



# GLUTE HAM RAISE ECCENTRIC



Assume a kneeling position using a pad underneath the knees.  
Fix the ankle and calf underneath a stable surface or use a partner.



Remain in vertical posture with hips in full extension by squeezing the glutes.  
Lower down towards ground level resisting the urge to drop quickly.



Receive the body weight in the bottom of a pushup.  
Use assistance to return to the top position.

*Slower eccentric  
Control a greater ROM  
before dropping*



**DIFFICULTY**



*Resistance band assistance  
Use a more hinged posture*



# PISTOL SQUAT



The stance foot should remain flat on the ground at all times. Extend the opposite leg and both arms in front of the body to assist with balance. Brace the abdomen assuming an upright posture.





Lower down until the hip crease is below the knee.  
Allow the knee to travel in front of the toes with  
a central alignment over the foot.  
Return to standing with a partial bend in the knee.

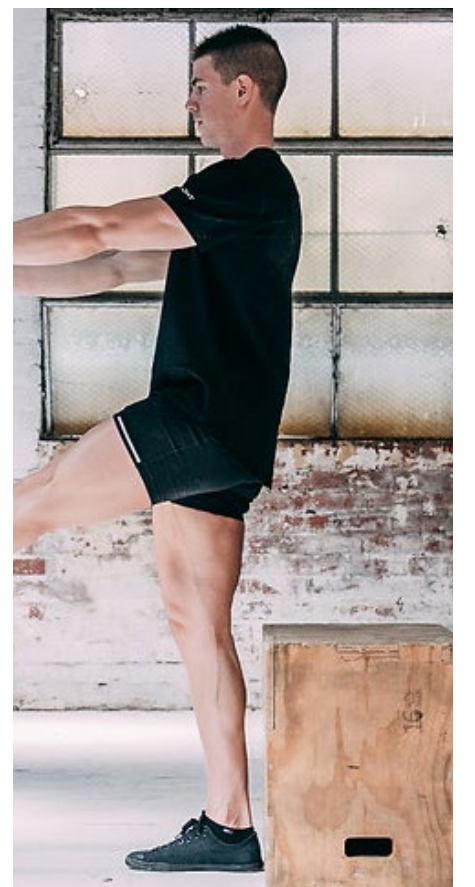


## DIFFICULTY



*Increase ROM*  
*Slower tempo*  
*Remain on tension*  
*Add isometric holds*

*Hand assist*  
*Use a box*  
*Limit ROM*  
*Elevate the heel*  
*Add weight for counterbalance*





# HAMSTRING CURL



Use furniture sliders or towels underneath the feet. Find a surface which has minimal friction to perform the exercise. Begin the exercise from the top of a glute bridge, hips in full extension.



Extend the legs away from the body whilst keeping the hips extended. Flex the knee returning to the starting position.



## DIFFICULTY



*Increase ROM by reaching full knee extension*  
*Perform on a single leg*

*Limit ROM*  
*Elevate feet on gym ball*





# BODYWEIGHT BACK EXTENSION



Lay on the stomach with feet flat against a wall or use a partner.



Extend from the upper back then mid back and finally lower back.  
Focus on producing a global arch through the entire spine.  
Drive the ankles in an upwards direction.





Return to the starting position by reversing the above motion, flexing the lower back first, followed by the mid and then upper back.



**DIFFICULTY**



*Hands behind head  
Hands above head  
in Y position*

*Arms by sides  
Perform with  
stomach supported  
on elevated surface*





# SKATER SQUAT



Begin in a half kneeling lunge position.



Lean forwards shifting weight onto the front leg.  
Have the arms held in front of the body  
serving as a counterbalance.  
Maintain an upright posture with a slight  
arch in the lower back.



Without using momentum allow the rear knee to slowly lift off the ground. Enter the top of a single leg squat.



Begin the descent with a slight knee bend on the stance leg. Lower down by sitting the hips back. Allow the knee to silently make contact with the ground.



# DIFFICULTY



*Rear leg held  
in quad stretch*

*Stance leg elevated on  
small box to increase ROM*

*Decrease speed  
of transition*

*Elevate the  
rear knee*

*Increase speed  
of transition*





# SINGLE LEG DEADLIFT



Stand on a single leg with a slight bend in the knee. Have the rear hip extended behind the body with the knee straight or bent to 90 degrees.



Perform a hip hinge by driving the hips backwards and the chest forwards. Keep the knee position fixed on the stance leg. Ensure the lower back remains extended during the set.



Lower until the torso is parallel with the ground



**DIFFICULTY**



*Hands behind head  
Hands above head  
in Y position  
Add weight*

*Hand assist  
Both feet on ground*





# BILATERAL GLUTE BRIDGE



Lay on the back with both feet shoulder width apart and knees flexed. Remain in a posterior pelvic tilt by flattening the entire back on the ground.



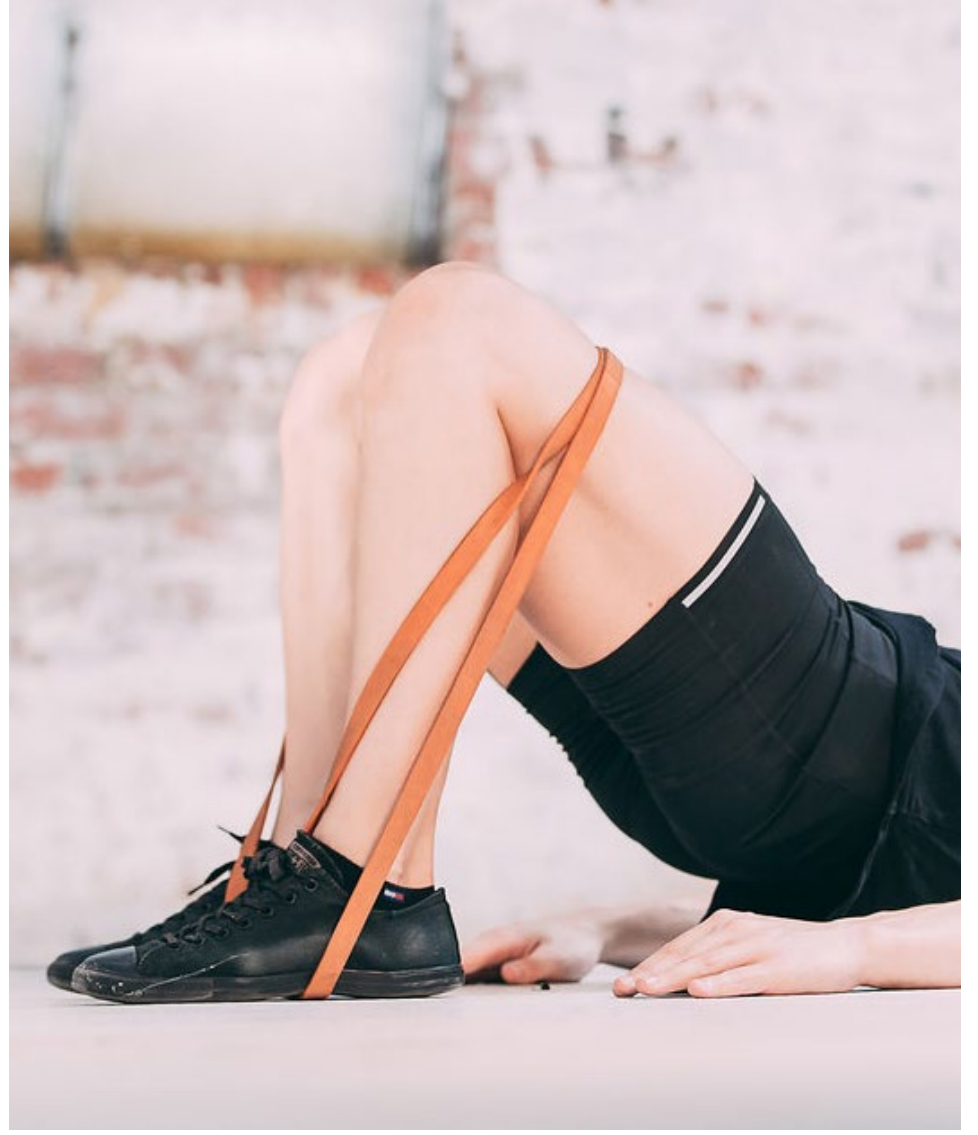
Engage the core by tensing the abdomen. Push through the heels allowing the trunk to lift upwards. Focus on extending at the hips without arching the back.



## DIFFICULTY

*Alternate leg kick at top of each rep*

*Resistance band over thigh*







# SINGLE LEG GLUTE BRIDGE



Lay on the back with one foot flat on the ground and knee flexed. Flex the opposite hip by compressing the knee to the chest.



Engage the core by tensing the abdomen. Push through the heel extending the hip.



## DIFFICULTY

*Resistance band over thigh*





# SIDE PLANK SHORT LEVER



Lay on the side with the hip, knee and shoulder in alignment. Have a soft pad underneath the knee for comfort. The forearm should align underneath the shoulder.



Bend the knees to 90 degrees. Push through the elbow and drive the knees into the ground allowing the spine to flex sideways.



## **DIFFICULTY**

*Hover the top leg  
Small movements of the top leg up and down*



# SIDE PLANK LONG LEVER



Lay on the side with the hip, knee and shoulder in alignment.



Push the forearm and legs downwards allowing the spine to flex sideways.



## DIFFICULTY

*Small movements of the top leg up and down*





# ADDUCTOR BRIDGE SHORT LEVER



Lay on the side with the hip, knee and shoulder in alignment. Elevate the top knee on a box with the leg bent.



Push the forearm and knee downwards allowing the spine to flex sideways.



## DIFFICULTY

*Small movements of the bottom leg up and down*



# ADDUCTOR BRIDGE LONG LEVER



Lay on the side with the hip, knee and shoulder in alignment. Elevate the top knee on a box with the leg straight.



Push the forearm and leg downwards allowing the spine to flex sideways.



## DIFFICULTY

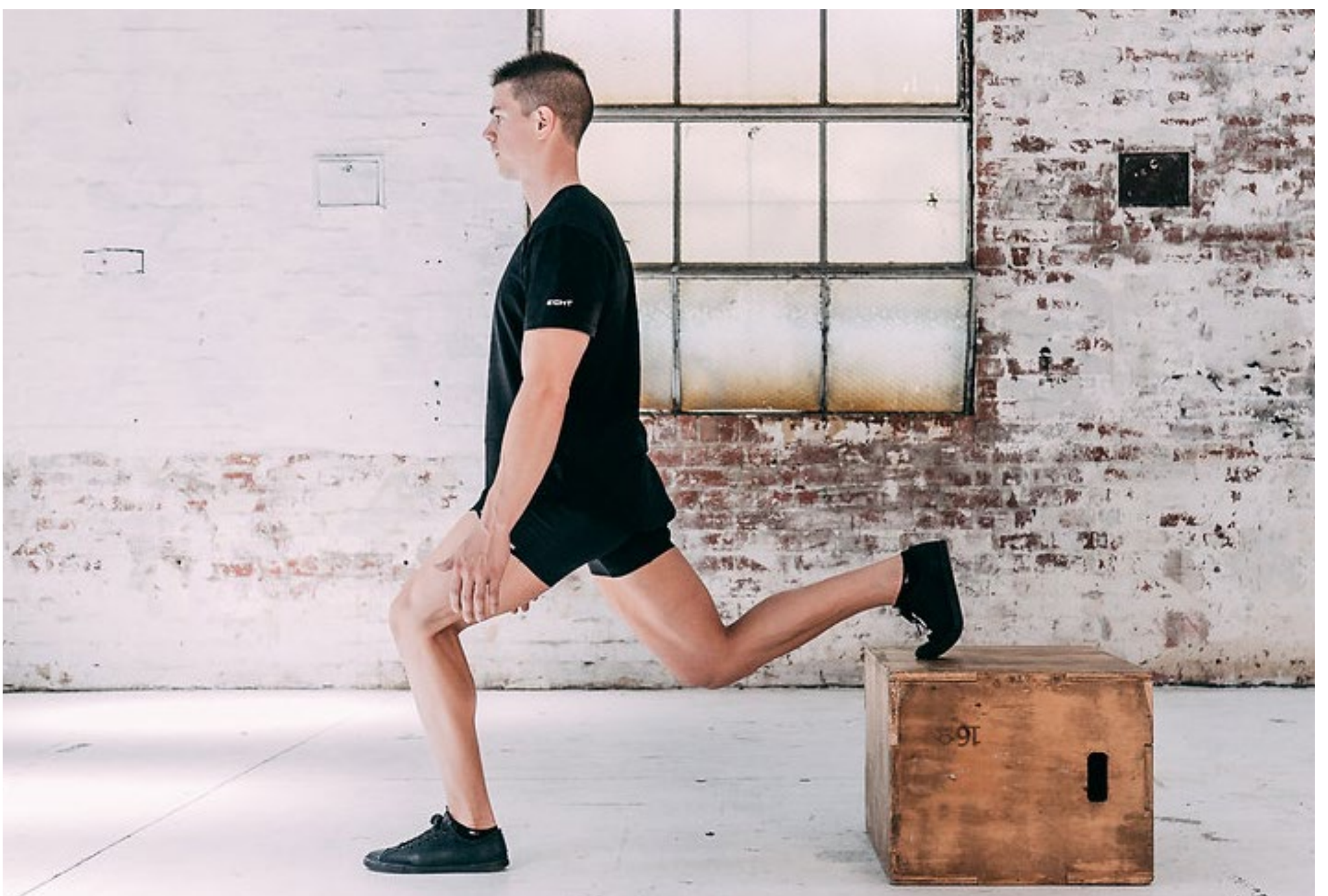
*Small movements of the bottom leg up and down*



# POSTERIOR CHAIN SPLIT SQUAT



Elevate the rear foot on a box which is mid shin height or lower. Box foot position should be either plantar flexed or resting on toes. Hop the front foot forwards until the shin is vertical over the foot. Feet should be shoulder width apart to aid in balance.





Lower towards the ground by shifting the hips backwards, keeping the front shin vertical. Rise to a partial knee bend position.



## **DIFFICULTY**

*Rear foot on floor*





# ANTERIOR CHAIN SPLIT SQUAT



Elevate the rear foot on a box which is mid shin height or lower. Box foot position should be either plantar flexed or resting on toes. Hop the front foot forward a moderate distance from the box. Feet should be shoulder width apart to aid in balance.





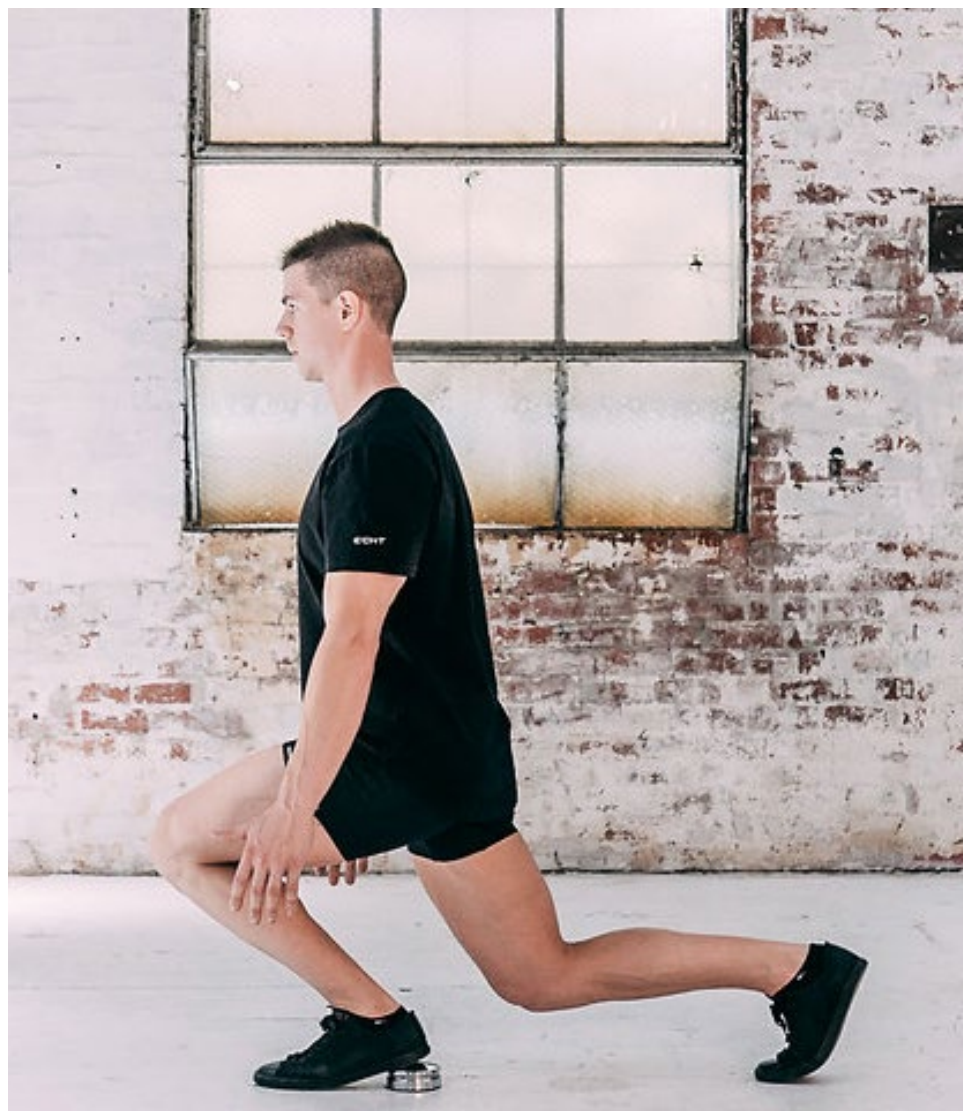


Lower towards the ground by leaning the trunk forwards, allowing the knee to travel over the toes whilst keeping the front foot flat. Elevate the heel of the front foot to increase the quadricep stimulation.

## DIFFICULTY



*Rear leg on the floor*





# REVERSE HYPEREXTENSION



Support the stomach on a stable surface with the pelvis hanging over the edge. Sustain a posterior pelvic tilt avoiding the temptation to arch the lower back.



Extent the legs behind the body until the feet are parallel with the body.



*Legs straight starting position*

*Straddle legs*

*Legs together*



**DIFFICULTY**



*Knees flexed starting position*



# SISSY SQUAT



Start position is with the hips extended and a slight bend in the knees. Shift the knees forward keeping the weight on the forefoot. Lower towards the ground whilst keeping the hips extended and back upright.





*Perform without balance aid*  
*Single leg assist version*  
*Increase ROM*



**DIFFICULTY**



*Hand assist*  
*Limit ROM*



# KNEELING QUAD EXTENSION



Kneel on the ground with the knees supported. Extend the hips by squeezing the glutes. Lean backwards whilst maintaining the hips in extension during the whole exercise.



Limit ROM when about to flex at the hips or when beginning to arch the lower back.

Return to the start position.

Do not return to a completely vertical posture as this takes tension off the quadriceps. Maintain a partial backwards lean when returning to upright.



*Perform without balance aid  
Increase ROM*



**DIFFICULTY**



*Hand assist  
Limit ROM*



# WALL SQUAT



Stand with the back against a wall with the feet shoulder width apart. Squat down to 90 degrees and ensure knees are directly above the toes.

Remain motionless by sustaining the isometric position. Keep the arms in the air to avoid cheating.



## **DIFFICULTY**

*Alternate leg lift  
Single leg version*







# STRAIGHT LEG CALF RAISE



Lock the knees and hips into extension.  
Maximally lift the heels away from the ground.  
Pressure should be felt through  
the inner aspect of the forefoot.  
Pause at the top.  
Slowly descend towards the ground.  
Pause in the stretched position before the next rep.  
Do not bounce.



## **DIFFICULTY**

*Increase ROM by standing on elevated surface*

*Single leg version*



# EXPLOSIVE STRAIGHT LEG CALF RAISE



Lock the knees and the hips into extension. Generate all the power from the calf by driving the toes into the ground. The primary focus is to plantar flex at the ankle only. Continuously perform reps without allowing the heel to make contact with the ground. Do not allow the knees or hips to bend.





*Single leg version*



**DIFFICULTY**



# BENT LEG CALF RAISE



Lower into a deep squat allowing the heels to come off the ground. Maximally lift the heels away from the ground. Pressure should be felt through the inner aspect of the forefoot. Pause momentarily at the top. Slowly descend towards the ground.





# WALKING CALF RAISE



*Larger steps*



**DIFFICULTY**



*Smaller steps*

Lower into a squat.

Feet shoulder width apart.

Maximally contract the calves by elevating the heels.

Take steps forward whilst squeezing the calves.

Do not allow the heels to make contact with the ground.



[www.limitlesslegs.com](http://www.limitlesslegs.com)



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