



PTC Castlebrae

Lower Limb Class: 1 minute each exercise

1. Step-ups, use box
2. 'Good mornings'
3. Side step-ups, use box
4. Squats
5. Back taps, use box
6. Shoulder bridge, use mat
7. Side taps, use box
8. Calf raises
9. Front taps, on floor
10. Side lying leg adduction and abduction