

Hurdle Step Test

Corrective Exercises:

See Core Training Exercises in **Appendix A**

See Lower Body Flexibility, especially Glute and Seated Twist stretches in **Appendix B**

Glute Bridge- As seen under **Squat Test**

One Leg Step Up- As seen above under **Lunge Test**

Single Leg Balance

Stand with feet placed shoulder width apart. Engage core musculature by tightening lower abdominals. Slowly lift one foot up bending the knee. Only lift the leg as high as possible while maintaining perfect balance. Hips should stay level while trunk and shoulders stay still. Relax through the shoulders.

Hold for 10 seconds. Then lower the leg and repeat other side. 10 repetitions per side.

If this exercise gets too easy, try performing the exercise on a Bosu, dome side down.



Figure 1



Figure 2