

# STABILISATION



Leg axis stability training is a valuable addition to trunk stabilisation, which is usually trained with planks, push-ups and more. Good leg axis stability improves movement economy and prevents injuries by optimising the central nervous system's control of the muscles. Or simply put: your brain learns to control your feet better.



*“If you train in the gym, you can do these exercises at the beginning of your training programme. With regular use, you will improve your economy of movement enormously!”*

Maurice Mülder - Athletics trainer, Bayer 04 Leverkusen

## EXERCISES AND HOW TO DO THEM

1. Stand on the right leg and raise the left leg slightly. Then, standing on one leg, bring the left leg as far as possible straight back, bending the knee of the standing leg, and hold the position for a moment. Then slowly bring the left leg forward in a controlled manner until you are standing in a knee lift. Your upper body straightens during this movement and in the final position the standing leg is straight. Repeat this movement eight times for each leg. Make sure that your standing leg is stable and that the knee does not bend inwards.
2. As exercise 1, but now bring the left leg diagonally back over the standing leg and quickly bring it into a knee lift. Do eight repetitions per leg. Make sure the standing leg and knee are stable.
3. Step into a deep lunge so that the knee of the back leg hovers just above the floor. Bring the back leg forward into a knee lift. At the end of this movement the standing leg is fully stretched. Hold the position for a moment. Now turn the front leg forward again into a lunge. Do eight repetitions per leg. Make sure the stance is always stable and the knees are straight.
4. Stand on one leg, do a controlled forward jump from a single-leg stance and land on the other leg. Hold the position for a moment and jump again. Ensure a controlled, safe landing and stability in the knee joint. It is not about the distance of the jump. Complete eight jumps per leg.
5. As exercise 4, but sideways. Stand on one leg, do a controlled jump to the side and land on the other leg. Hold the position for a moment and jump again. Ensure a controlled, safe landing and stability in the knee joint. It is not about the distance of the jump. Complete eight jumps per leg.

## IMPORTANT

Feel your body! Consciously look for stability in the knee joint and with increasing practice concentrate on the tension in your foot, ankle and torso.