

**NURVV | RUN**  
**Exercise Plan**



**IMPROVING  
PRONATION  
BALANCE**

## Improving Pronation balance

### Single leg exercises

#### Fundamental Movements

### Split squats

SETS: 2 REPS: 8 (each leg)



**MOVEMENT:** • stand straight • feet under hips • walk back with one leg and place it on a box/bench placed behind you • place the front knee directly above your ankle • keep the back leg straight to start with • slowly drop down and lift up to starting position • straighten both legs

**TIP:** • place your hands on the hips or in front of your chest to promote balance

**PROGRESSION:** Use hand weights/kettlebells to increase load and difficulty.

## Fundamental Movements

### Lunges (walking/on the spot)

SETS: 2 REPS: 10 (each leg)



**MOVEMENT:** • stand tall • feet parallel, hip-width apart • step forward with one foot • drop the hips down as low as possible • keep the front knee above the ankle (behind the toes) • lift the back knee off the ground • keep the trunk upright as you go down • go back to the starting position • repeat for opposite leg and keep alternating legs within each set

**TIP:** • place both hands on your waist or keep them in front of you to promote balance

**PROGRESSION:** Use hand weights or kettlebells to increase load and difficulty.

## Fundamental Movements

### Pistol squats

SETS: 2 REPS: 8 (each leg)



**MOVEMENT:** • stand tall in front of a box/bench • feet together, arms straight alongside the body • extend one leg in front of you • hover the heel off the floor • start lifting the leg in front and extend both arms in front of you • bend your standing leg and lower your body to 'sit' on the box/bench • try to keep your extended leg parallel to the ground • straighten your standing leg to return upright

**TIP:** • use a high surface behind you to make the movement easier

**PROGRESSION:** Use a lower surface behind you or try getting rid of it completely.

## Fundamental Movements

### Single leg deadlifts

SETS: 2 REPS: 8 (each leg)



**MOVEMENT:** • stand tall • start leaning forward • lift one leg straight back • support only on the other leg • bring the back leg as high as you can (while keeping it straight) • simultaneously, bring your torso down to hip level • keep your back straight • hold, then slowly lift back up to standing • control your balance throughout the exercise

**TIP:** • arms straight and perpendicular to the ground • when comfortable with the movement, extend the arms over head

**PROGRESSION:** Use hand weights/kettlebells to increase load and difficulty (bend the elbows and keep by the waist).