Single Leg Raise

The single leg raise is a great high level strength exercise to improve running technique and decrease the risk of injury.

https://vimeo.com/335788393

E: admin@ibphysio.com.au | T: 02 9976 3540 | F: 02 9976 3290 | Suite 14, Level 2, 22 Darley Road, Manly, NSW 2095 Australia