



sportrehab**performance**
EVALUATE – IMPROVE – REBUILD – **PERFORM**

FREE RESOURCE

5 Exercises to Build Your Foundation

A simple full-body routine using bodyweight and basic equipment - designed to build strength, control and movement capacity.

CONTROL

STRENGTH

ROTATION

COORDINATION

Build a stronger movement foundation.

These five exercises challenge strength, control and coordination across the whole body. The still images are visual teasers - use the video link on each exercise page to see the full movement sequence.

SAGITTAL

Forward / backward

Squat - hinge - lunge - press

FRONTAL

Side-to-side control

Balance - hip control

TRANSVERSE

Rotation / anti-rotation

Trunk control - force transfer

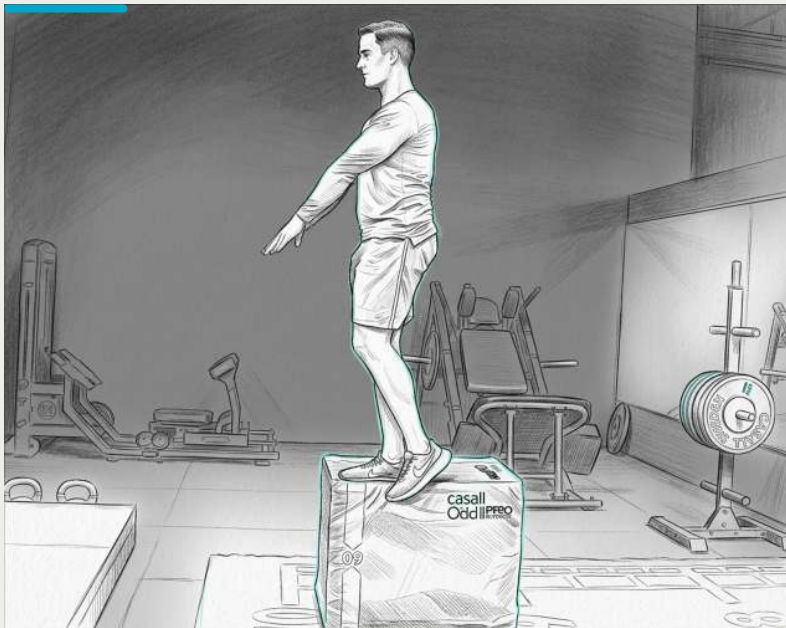
A simple starting format

- 01 Complete 2 rounds
- 02 Choose a controlled load
- 03 Rest 30-60 sec as needed
- 04 Quality before speed or load

This guide provides general training information and is not a substitute for individual medical assessment. Stop if you experience sharp pain, dizziness or symptoms that feel inappropriate for you.

EXERCISE 01

Glute Activation & Control



A visual teaser from the movement - use the video to see the complete sequence.

PURPOSE

Develop single-leg strength, hip stability and lower-body control through a controlled step-down pattern.

WHY IT IS INCLUDED

A simple way to challenge glute function, balance and single-leg control before progressing to more dynamic movements.

HOW TO APPROACH IT

Stand on the box with one foot and lower the opposite leg toward the floor under control. Sit slightly back through the hip, keep the stance knee aligned over the foot and avoid collapsing through the pelvis.

START WITH

2 sets x 6-8 controlled reps per side.

ALTERNATIVE

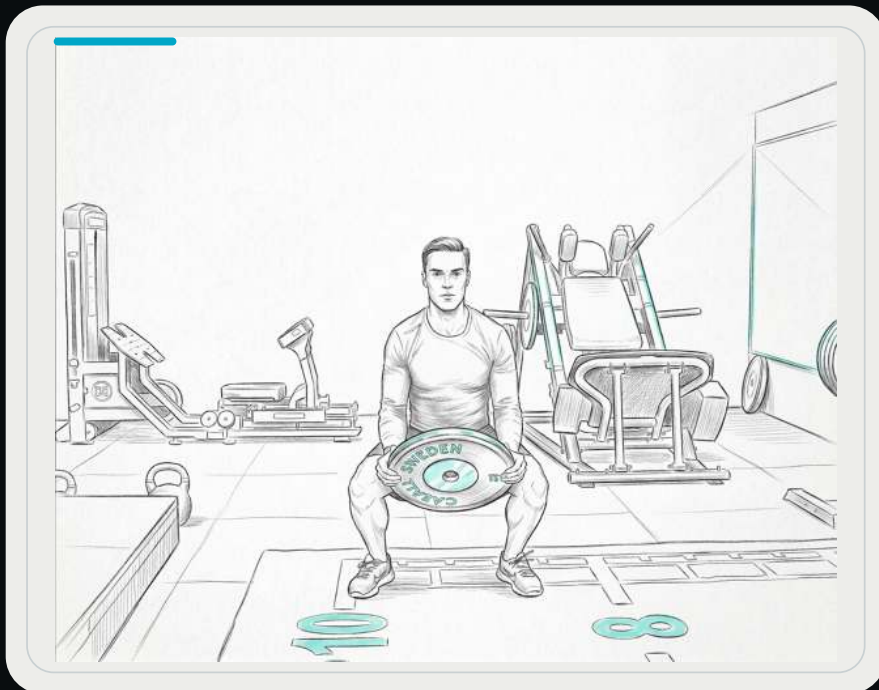
Use a stable step, stair or low platform.

WATCH THE FULL EXERCISE

Scan the QR code or click this panel to open the video.



Halo to Press & Pull Back



A visual teaser from the movement - use the video to see the complete sequence.

PURPOSE

Combine squat strength with shoulder mobility, upper-body control and coordinated whole-body movement.

WHY IT IS INCLUDED

The exercise links lower-body strength with shoulder and trunk control, making it a useful full-body movement rather than an isolated strength exercise.

HOW TO APPROACH IT

Begin in a controlled squat while holding the plate. Move the weight smoothly through the sequence, keeping the trunk stable as the arms move around and above the body. Maintain control when returning the weight to the starting position.

START WITH

2 sets x 5-6 controlled repetitions.

ALTERNATIVE

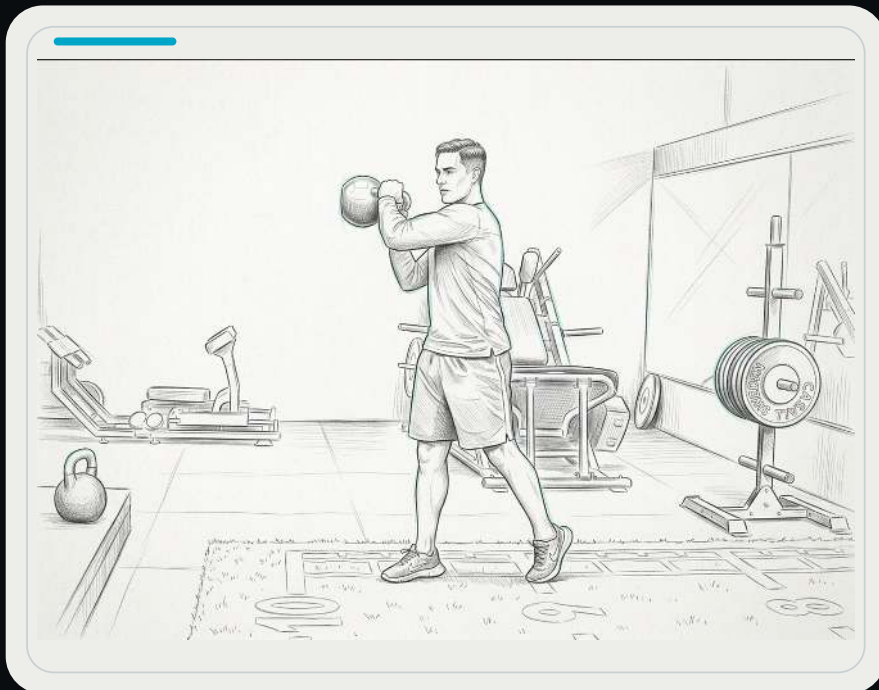
Use a light plate, dumbbell, kettlebell or another compact object that can be held securely.

WATCH THE FULL EXERCISE

Scan the QR code or click this panel to open the video.



Kettlebell Chop



A visual teaser from the movement - use the video to see the complete sequence.

PURPOSE

Develop rotational strength, weight transfer and coordinated movement between the legs, hips and trunk.

WHY IT IS INCLUDED

The exercise introduces rotation and force transfer through the transverse plane - an important component of both everyday movement and athletic performance.

HOW TO APPROACH IT

Move the kettlebell through the rotational pattern while allowing the feet and hips to turn naturally. Shift weight smoothly from one side to the other and keep the movement controlled rather than forcing rotation through the lower back.

START WITH

2 sets x 6-8 reps per side.

ALTERNATIVE

Use a dumbbell, weight plate or another compact load that can be controlled safely.

WATCH THE FULL EXERCISE

Scan the QR code or click this panel to open the video.



Dumbbell Back Line Swing



A visual teaser from the movement - use the video to see the complete sequence.

PURPOSE

Challenge the posterior chain while developing dynamic hip extension, shoulder movement and whole-body coordination.

WHY IT IS INCLUDED

This exercise connects the posterior chain with the upper body and introduces a more dynamic strength pattern requiring timing, control and coordinated force production.

HOW TO APPROACH IT

Allow the dumbbells to travel through a controlled swing pattern while the hips provide the main drive. Maintain a stable trunk and use the legs and hips to create the movement rather than simply lifting with the arms.

START WITH

2 sets x 6-8 controlled repetitions.

ALTERNATIVE

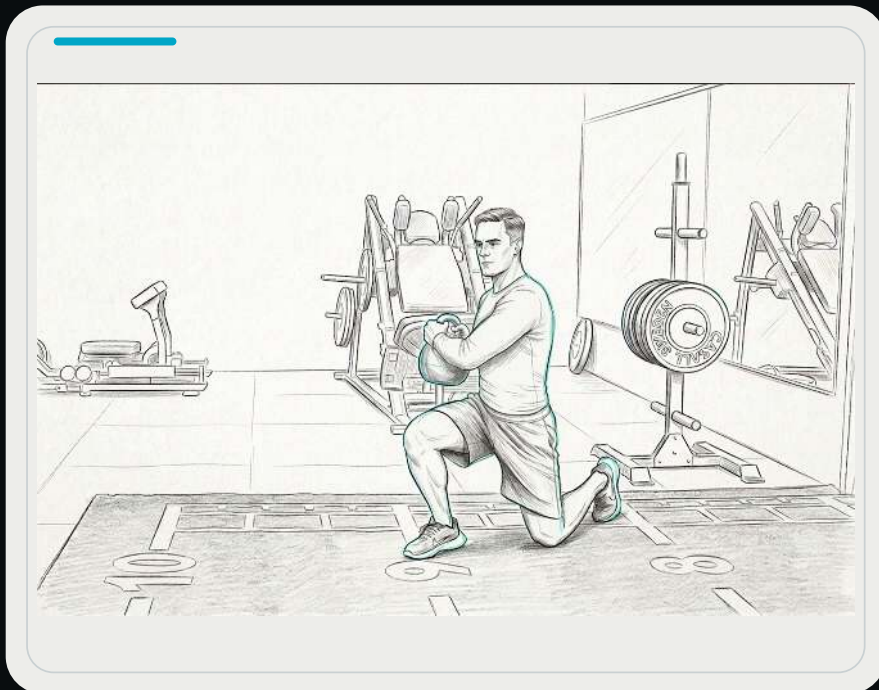
Use light dumbbells, bottles or another balanced load that can be held securely.

WATCH THE FULL EXERCISE

Scan the QR code or click this panel to open the video.



Kettlebell Step-In Lunge & Rotate



A visual teaser from the movement - use the video to see the complete sequence.

PURPOSE

Combine lower-body strength, balance and trunk rotation in one multi-planar movement.

WHY IT IS INCLUDED

The movement combines forward movement with rotation, challenging strength, coordination and control across the sagittal and transverse planes.

HOW TO APPROACH IT

Step into the lunge under control, establish a stable base and rotate the kettlebell across the body. Keep the front knee controlled, stay balanced through the foot and allow the trunk and hips to contribute to the rotation.

START WITH

2 sets x 5-6 reps per side.

ALTERNATIVE

Use a dumbbell, plate or another compact load that can be held securely.

WATCH THE FULL EXERCISE

Scan the QR code or click this panel to open the video.



YOUR NEXT STEP

A guide is a starting point. Progress needs structure.

If you want a programme built around your starting point, goals and progress, FysioCoach Online combines structured training with ongoing follow-up from an experienced physiotherapist and performance coach.



Human-led programming - not AI-generated



Progressions and adjustments based on your response



Rehabilitation and performance principles in one system



App-based delivery with ongoing support

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Training should be adapted to your own capacity and health status. If you have an injury, medical condition or persistent symptoms, seek individual assessment before progressing your training.