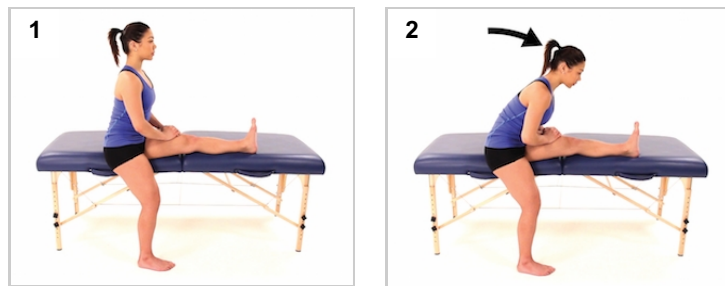


Seated Table Hamstring Stretch

REPS: 3 WEEKLY: 7	SETS: 1	HOLD: 30	DAILY: 2
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Setup

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

Movement

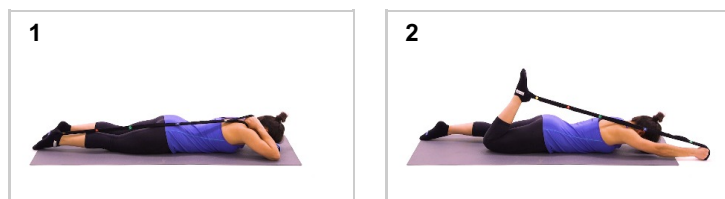
Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

Tip

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

Prone Quadriceps Stretch with Strap

REPS: 3 WEEKLY: 7	SETS: 1	HOLD: 30	DAILY: 2
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Setup

Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

Tip

Do not let your low back arch during the stretch.

Alternating Single Leg Bridge

REPS: 10	SETS: 1	HOLD: 10	DAILY: 2
WEEKLY: 7			



Setup

Begin lying on your back with your knees bent, feet on the floor, and your elbows resting on the ground with your hands in fists on your hips, thumbs pointing up.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Hold this position and straighten one leg, then bring it back down and repeat with your other leg.

Tip

Make sure to maintain your balance during the exercise and do not let your hips rotate to either side as you lift your legs. Use your thumbs to monitor the movement of your hips.

TB SLR

REPS: 10	SETS: 1	HOLD: 10	DAILY: 1
WEEKLY: 7			



Setup

Begin lying on your back with one knee bent and a resistance band looped around that heel and your other ankle.

Movement

Tighten your abdominals and lift one leg off the ground, then lower it back down and repeat.

Tip

Make sure to keep your low back flat against the floor.

TB hip abduction

REPS: 10	SETS: 1	HOLD: 10	DAILY: 1
WEEKLY: 7			



Setup

Begin by lying on your side with a resistance loop secured around your ankles.

Movement

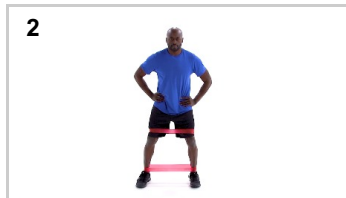
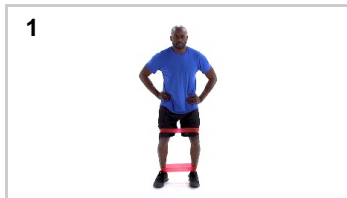
Extend your leg slightly backward until your toes are at the level of your bottom heel. Raise your leg toward the ceiling, keeping your knee and foot straight.

Tip

Make sure not to roll forward or backward during the exercise.

Side Stepping with Resistance at Thighs and Ankles

REPS: 10	SETS: 3	DAILY: 2
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Setup

Begin standing upright with a resistance band looped around your thighs and another looped around your ankles. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the bands.

Tip

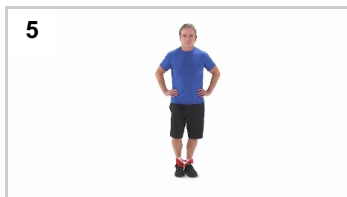
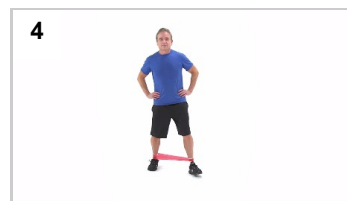
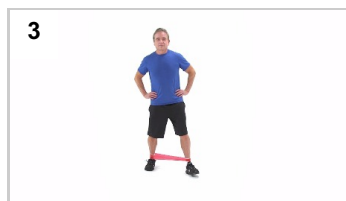
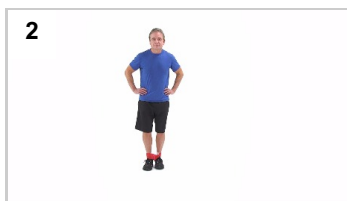
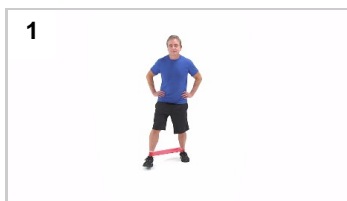
Make sure to keep your feet pointing straight forward. Do not drag your feet on the ground or let your knees collapse inward during the exercise.

Forward Monster Walks

REPS: 10

SETS: 3

DAILY: 2



Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slightly bend your knees into a mini squat position. Step diagonally forward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

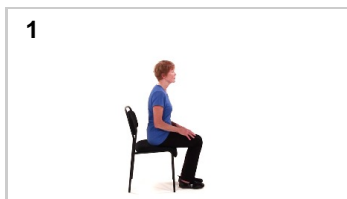
Make sure to keep your chest upright and do not bend your knees forward past your toes.

Sit to Stand

REPS: 10

SETS: 3

DAILY: 2



Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

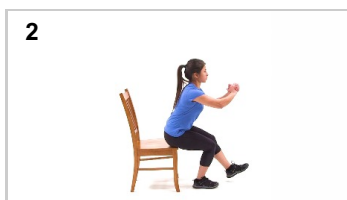
Single Leg Squat with Chair Touch

REPS: 10

SETS: 3

DAILY: 2

WEEKLY: 7



Setup

Begin in a standing upright position in front of a chair.

Movement

Lift one leg off of the ground and lower yourself into a squatting position, bending at your hips and knees until you lightly touch the chair. Return to a standing position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee bend forward past your toes.

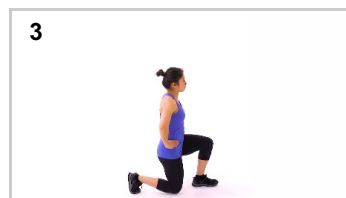
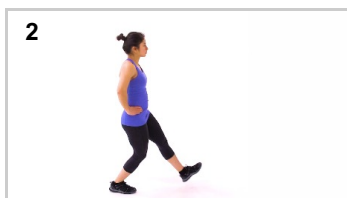
Standard Lunge

REPS: 10

SETS: 3

DAILY: 2

WEEKLY: 7



Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

Movement

Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

Tip

Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

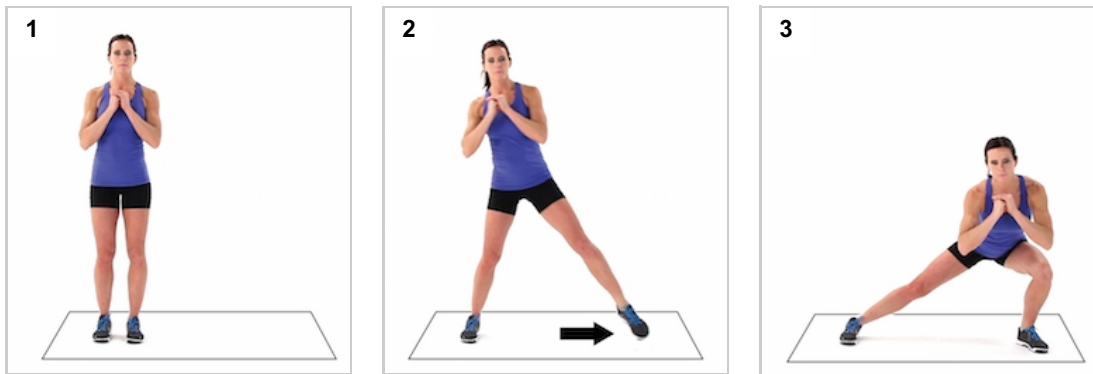
Lateral Lunge

REPS: 10

SETS: 2

DAILY: 2

WEEKLY: 7



Setup

Begin in a standing upright position with your feet shoulder width apart and arms resting at your side.

Movement

Step to the side with one leg, lowering your body into a lunge position, then carefully return to the starting position.

Tip

Make sure not to let your knees collapse inward during the exercise.

Straight Leg Raise with Arm Support

REPS: 10

SETS: 1

HOLD: 10

DAILY: 2

WEEKLY: 7



Setup

Begin sitting on the ground, resting back on your arms with one knee bent and your other leg laying flat.

Movement

Slowly lift your leg as close to parallel with your other thigh as you can.

Tip

Make sure to keep your knee straight during the exercise and do not let your back arch.

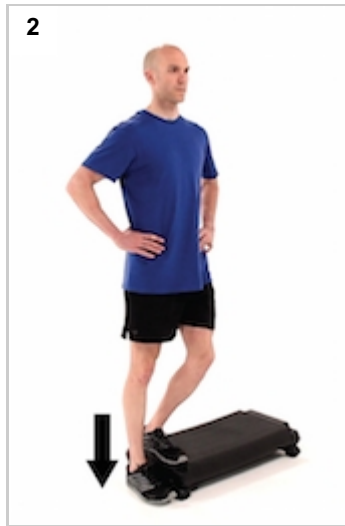
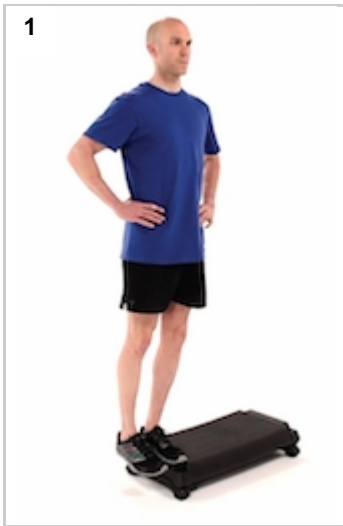
Lateral Step Down

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin by standing on a platform or step with one leg hanging off the edge.

Movement

Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position and repeat.

Tip

Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.