

Stretching

Hamstrings Stretch (Belt)

Sets: 1 | Reps: 3 | Hold: 60 seconds | Frequency: 2x/day

Preparation:

- Lie on your back
- Loop a belt around your foot

Execution:

- Use belt to lift leg. You should feel a stretch along the back of your thigh.



Pull foot overhead

Gluteus Stretch

Sets: 1 | Reps: 3 | Hold: 60 seconds | Frequency: 2x/day

Preparation:

- Sit with good posture
- Have one foot on top of the opposite knee as shown

Execution:

- Push knee down
- To increase the stretch, lean slightly forward



Start Position - Push knee down



Lean forward to increase stretch



Push knee down, lean forward to increase stretch

Quad Strengthening

Partial Wall Squat

Sets: 3 | Reps: 10 | Frequency: 4 days/week

Preparation:

- Stand with back against wall

Execution:

- Perform a squatting motion, sliding down the wall
- Stop at desired depth and slide back up



*Back against wall , feet
one stride length from
wall*



Slide down the wall to

Step Down Reach

Sets: 3 | Reps: 10 | Frequency: 4 days/week

Preparation:

- Stand on a step or box

Execution:

- Lower your leg down as far as your can under control until your toe taps the ground
- Rise up in a controlled manner



Stand on a box



*Reach back. Lower from
hip*

Hip Strengthening

Bridge | Arms at Chest

Sets: 3 | Reps: 10 | Frequency: 4 days/week

Preparation:

- Lie flat on your back with your arm across your chest
- Bend knees up so that your feet are flat

Execution:

- Lift your hips up in the air to make a bridge
- Lower down in a controlled manner



Start Position



Lift hips up

Hip Abduction Sidelying (Band)

Sets: 3 | Reps: 10 | Frequency: 4 days/week

Preparation:

- Lay straight as an arrow, band around knees

Execution:

- Raise top leg against resistance



On side, both legs straight



Raise top leg

Side Stepping - Band at Knees (Band)

Sets: 3 | Reps: 10 feet each direction | Frequency: 4 days/week

Preparation:

- Stand with feet shoulder width apart, band at knees

Execution:

- Squat with good form
- At the bottom of the squat, step to one side
- Bring trailing leg back into good squat position



Start Position - Good squat form



Step to side



Bring trailing leg back into good squat position

Core Strengthening

Dead Bug | Hip Extension

Sets: 3 | Reps: 10 | Frequency: 4 days/week

Preparation:

- Lie on your back with hips at 90 degrees

Execution:

- Place your hands on the front of your pelvis
- Contract your deep core
- Now slowly straighten one leg to the ground
- Return to the start position
- Alternate legs one at a time
- Keep your low back pressed firmly against the ground



Start position



Straighten one leg



Return to start



Alternate sides

Front Plank | Forearms and Feet

Sets: 1 | Reps: 3 | Hold: up to 2 minutes with good form | Frequency: 4 days/week

Preparation:

- Position yourself on knees and forearms

Execution:

- Make your body flat as a plank from head to feet
- Keep trunk engaged, do not let lower back arch



Start on stomach



Plank on forearms and feet