



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.

Video # VVQGB3WMY

Repeat 1 Time
Hold 10 Seconds
Complete 3 Sets
Perform 1 Times a Day



LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and slightly out to the side and allow your front knee to bend. Your back knee may bend as well. Then, return to original position and repeat with the same leg.

Keep your pelvis level and straight the entire time.

Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

Video # VVD8W79H9

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



SINGLE LEG DEADLIFT

Stand and balance on one leg.

Next, lean forward towards touching the floor as you extend and lift your leg behind your body. Keep your spine straight and hinge at the hip.

Return to starting original position and repeat.

Video # VVNNXYN8Y

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles.

Next, bend your knees and step forward while keeping tension on the band the entire time. After taking several steps forward, reverse the direction taking steps back until you return to the starting position. Repeat.

Video # VVUDA3SU5

Repeat 1 Time
Hold 20 Seconds
Complete 6 Sets
Perform 1 Times a Day



PLANK LATERAL WITH HIP ABDUCTION

While lying on your side, lift your body up on your elbow and feet. Next, slowly raise up the top most leg upwards, then return. Try and maintain a straight spine the entire time.

Repeat 12 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



STEP UP LATERAL

While standing next to a box or raised surface, step up and to the side on to the surface. Both feet should touch the raised surface. Then step down and onto the floor towards the same side that you started from.

Video # VVAWKDKCN

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



BRACE - BICYCLE - UNSUPPORTED

While lying on your back with your knees bent, raise up both feet and straighten one out in front of you. Then return the leg back and straighten the other. Use your stomach muscles to keep your spine from moving.

Video # VV7GFGTSN

Repeat 30 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



PRONE SUPERMAN

While lying face down, slowly raise your arms and legs upward off the ground. Then lower slowly back to the ground.

Video # VVDRZ4GQ5

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time.

Video # VV2PBUD23

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day