

Side walks with band

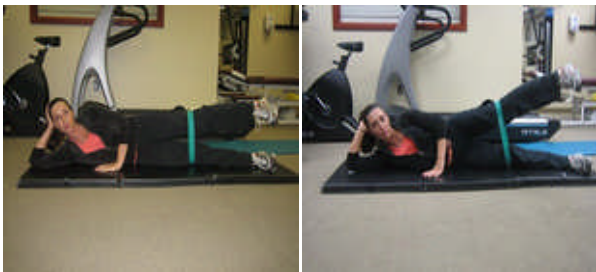
Place band around your ankles. While toes are pointed maintain neutral spine, slowly step to the side. Do not hike hip.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:

- A.T.
- G.F.
- F.T.



Straight Leg Abductions

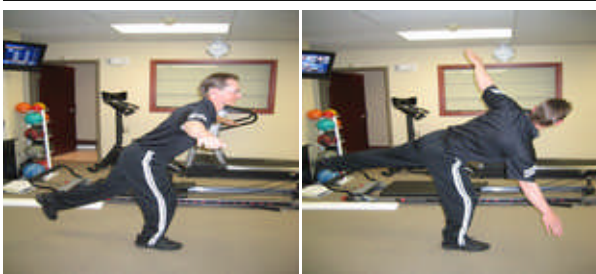
Begin lying on the floor on your side with a theraband around the knees and legs straight. Slowly raise your leg contracting the glutes and then slowly lower the leg back to start position.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

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Notes:

- A.T.
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Standing Airplane

Standing with feet together, raise arms out to each side while bending at the hip on one leg keeping it slightly bent. Once desired forward bend is achieved, twist body to the side of the extended leg. Return back to bent position then back to standing position. Repeat

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

To improve single leg strength, core stability, and proprioception.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:

- G.F.
- A.T.
- F.T.