



**Cat/Camel**

Hands under shoulders, knees under hips. Lift head and chest and let stomach sink. Then round the back and bring head and hips together. Avoid bending elbows and moving body forward and back.

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:



**Quadrupedal arm-leg raise**

start on all fours, knees under hips, hands under shoulders. Brace the stomach, squeeze the glutes. press the heel straight back to straighten the leg while keeping the torso level and spine neutral. Balance a book on your back to insure proper form.

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:



**Single leg supine bridge**

Start on back, arms at sides, knees bent, feet flat on floor. Squeeze butt on plant side and pull opposite leg toward chest. Go only as high as your glutes will let you, dont arch the back. Lower yourself under control to a point just above ground and repeat. Maintain abdominal brace and neutral spine.

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:



**Serratus Push-Up Plus**

Start in a push up position (or on knees), allow shoulder blades to come together. Drop about 2 inches toward the floor. Protract shoulder blades to return to starting position

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:

try from knees



**Seated External Rotations**

Begin seated on the floor with one knee bent. Place elbow on inside of bent knee. Then externally rotate shoulder within comfort level. Keep motion slow and pin shoulders down and back.

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:



**Foam Roll Low Back**

Begin sitting on foam roller with roller just at the top of the glutes. Use legs and arms to roll up to the mid-back. Roll back and repeat.

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:



**One legged standing on foam mat**

Place one leg on foam mat and try to maintain balance.  
Brace the core and maintain a neutral spine.  
To improve single leg proprioception and balance.

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:



**Glute Med Band Side Step**

Wrap a thera-band around legs above/at the ankles. Keeping your toes pointed inward and a slight bend in the knees, step to the side 10 steps then go back to starting place. Do not hike the hips or lean forward.

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:



**Plank**

On elbows and toes keep spine neutral hold trunk off floor  
Do not let Low back drop, Shoulders shrug  
Upper back round.

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:



**Dead Bug w/ Foam Roller**

on a foam roller touch opposite arm to leg concentrate on a neutral spine and dont let roller move

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:



**Backward Lunge**

Start by standing straight up. Then take a step back while bending front knee. Return and repeat

To improve single leg strength and proprioception

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:



**Face Pulls**

Stand holding ends of rope in each hand. Keeping arms up and elbows out, pull rope toward face, and keep scapula depressed. return to start

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 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:



**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:	

- 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:



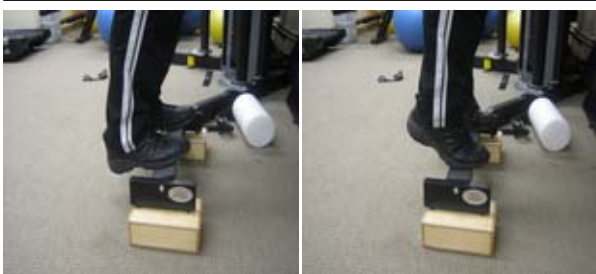
**Back extensions**

Stand with your feet apart. Place both hands on your low back and lean back as far as possible. Don't bend your knees and move from your low back. Discontinue if you experience leg or low back pain.

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:



**Calf raise**

Stand with balls of feet on edge of step. Raise up on toes squeezing the calf muscles for a few seconds. Return to start

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:



**Knee Terminal Extension**

Sitting on floor with one leg extended straight out in front.  
Place a pillow or rolled towel under knee.  
Pull the toes back and push knee down into the towel by squeezing the thigh muscle.  
Hold, release and repeat.

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:



**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

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

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:



**Foam Roll QL**

Begin side lying on a foam roller with roller just above the top of the hip. Use arm and leg to roll up the side to just below the ribs. Roll back. Repeat.

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: