



Alternating Lateral Lunge

Step directly to side, land on heel and sink into a lateral (side) lunge. Keep chest up, weight on heel, and trailing leg straight. Toes of both feet should point forward with feet flat on floor. Maintain good posture.

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:



Deep Wideout Drop

From a shoulder width stance, quickly but smoothly drop into a wider stance deep squat (feet should momentarily leave the ground). At landing, sit into a deep squat with arms reaching out in front of you. Use glutes and hamstrings to help quads cushion the drop, then "pop" up to a starting stance. Chest up, lower back flat..make it rhythmic

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:



High Knee Skips

Skip with exaggerated arms swinging; get knees high. Come up on toes with standing leg.

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:



Squat to Stand

With a wider than shoulder width stance, bend over and grab the bottom of your toes/shoes. Actively "pull" yourself into a deep squat position with chest up, knees out, lower back slightly arched. Hold at bottom briefly and return to toe touch position and ultimately upright 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:



Crossover Overhead Rev. Lunge

Start with feet shoulder-width apart and arms at sides. Reach overhead as you stride backward and behind you with one leg; shin on the other leg should be completely vertical. Drive off front leg to "pull" yourself back to starting position with glutes of support leg. Transition immediately to opposite side.

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:



Supine Leg Whips

Lay on your back and push your hips up by activating your glutes. With hips up, raise one leg straight up. Lower the leg directly to the side, then "whip" it back up 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:



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:



Bent Knee Twist

Start on back, knees bent, feet flat on floor. with feet and knees together, allow the knees to fall gently side to side. Dont force range of motion. Keep the shoulders down.

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 Stretch

Start in "pike" position, hips high. Place left foot behind right ankle with legs straight out. Press heel of right foot down to stretch hold for 1-2 seconds then go back up on your toe.

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:



Supine Bridge

Start on back, arms at side, knees bent, feet flat on the floor. Squeeze butt throughout the movement going up as high as the glutes take you. lower under control to a point just above ground, then 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:



Anterior-Posterior Leg Swings

Holding onto an immovable object, rhythmically swing thigh forward and backward, go further as you loosen up. Maintain good posture, chest out, shoulders back, and eyes looking straight ahead. Keep the movement around the hips.

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:



Side-to-Side Leg Swings

Holding on to an immovable object, rhythmically swing the leg from side to side , go further as you loosen up. Maintain good posture; chest out, shoulders back, and eyes looking straight ahead. Keep the movement around the hips

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:



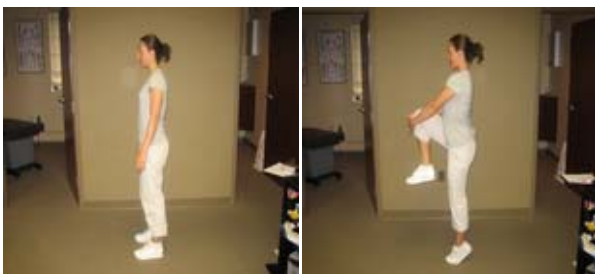
Toy Soldier

With opposite arm and opposite leg, walk forward making sure to kick the leg high enough to get a stretch

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:



High Knee Walks

Step forward and raise one knee. Actively pull knee up and in with both hands and come up on toes of opposite foot. Maintain good posture, avoid forward lean.

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:



Windmills

Set up with a wide stance, upright torso. Rotate and flex at the hips reaching your right arm to left foot. Rhythmically transition, with rotation to right side with left arm. Keep neutral spine, focus on hip flexion rather than lumbar flexion.

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:



Pull-Back Butt Kicks

Take a step forward and curl one leg toward your glutes. Using the same hand actively pull heel into your glutes and come up on toes of opposite foot. Maintain good posture and don't allow leg to move too far to the side.

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:



Wall Slide / Arm Elevation

Stand with back against a wall with head touching wall and chin tucked in. Place feet a few inches away from the wall and raise arms above head. Squat body down the wall keeping arms elevated. Keep low back flat on wall with just a finger space. Actively exhale while performing squat to feel a stretch in the mid 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:



Shoulder clocks

Lie on one side with knees bent and hands together. While keeping hips on the ground, gently bring arm to other side of the body. 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:



Warrior Stretch With Twist

Keep back straight. Lunge forward, twist and reach overhead. Keep a 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:



Side lunge with a twist

Keep back straight and chest out. Lunge to the side and reach arms in the opposite direction.

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
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Notes:



Glute Med Hip Hikes

Standing on one leg, let hip on balancing side "poke out". Hold for 2 seconds, then "correct" back to the starting position. Keep your torso level and don't let the body rotate.

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
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- 29 30 31

Notes:



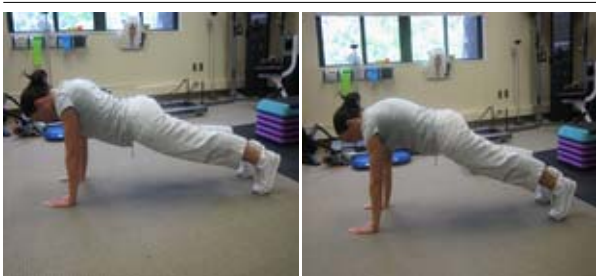
Glute Med Band Side Step

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
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- 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: