



Foam Roller Squat w/band

Place band around legs, just above knees. Place ball between lower back and wall. Squat down and shear legs out. Keep abdominals tight.

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 aslight bend in the knees, step to the 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:



1 Arm ball press

Start with shoulders and head resting on ball, with feet on floor and abs tight. Hold a dumbbell in 1 hand and press upward, then back down, 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: