

PRONE HIP EXTENSION

While lying face down with your knee straight, squeeze your glute and then slowly raise up your leg off the ground. Lower leg, relax glute and then squeeze glute again before repeating the exercise. Maintain a straight knee the entire time. Perform on both sides. Video # VVYXQ3QHJ



Repeat 10 Times
Complete 3 Sets

Hold 2 Seconds
Perform 2 Times a Day



LATERAL MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat. Video # VVPKJ9GG9

Repeat 8 Times
Complete 4 Sets

Hold 1 Second
Perform 1 Times a Day



4-Way Hip

Attach theraband around both ankles (NOT as shown in picture). You will do all 4 motions of the hip, as show in the picture, but using the circle band instead:

1. Hip Flexion - face away from the stationary object and bring leg forward. Keep good posture and leg straight. (Bottom right picture)
2. Hip Abduction - Stand sideways with involved leg away from stationary object. Lift leg directly outwards, using your outer thigh muscles (Top right picture)
3. Hip Extension - Stand facing stationary object and pull leg backwards away from your body using your glute muscles (Bottom left picture)
4. Hip Adduction - Stand sideways with involved leg on the side towards the stationary object. Stagger your feet slightly so the heel of involved leg is at the toes of unininvolved leg. pull involved leg across body in as straight of a line as possible (Top left picture)

Repeat 10 Times
Complete 3 Sets



WALL SQUATS

Leaning up against a wall or closed door on your back, slide your body downward and then, squeeze your glutes and push through your heels to return back to upright position.

A door was used here because it was smoother and had less friction than the wall.

Knees should bend in line with the 2nd toe and not pass the front of the foot. Video # VVFP6PWHG

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



ELASTIC BAND - HAMSTRING CURL

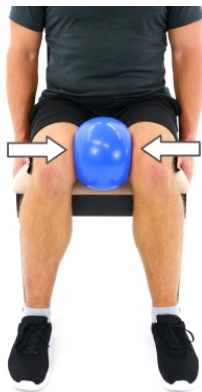
While seated and an elastic band attached to your ankle, bend your knee and draw back your foot. Video # VVJ24EB5L

Repeat 8 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



BALL SQUEEZE - SEATED

While sitting, place a ball between your knees. Squeeze the ball with your knees and hold. Relax and repeat. Video # VV5XZ3JJD

Repeat 15 Times

Hold 5 Seconds

Complete 2 Sets

Perform 1 Times a Day



ELASTIC BAND - SEATED CLAMS - HIP ABDUCTION

While sitting in a chair with an elastic band wrapped around your knees, move both knees outward to separate your legs. Hold out for 2 seconds and then bring knees back together while maintaining control. Keep contact of your feet on the floor the entire time. Video # VVML2QVNN

Repeat 15 Times

Hold 2 Seconds

Complete 2 Sets

Perform 1 Times a Day



SLR abduction

Lie down on your side. Bend your bottom leg while keeping the top leg straight. Your top leg should be in line with your torso. Raise that leg up off the table and back down. Make sure that you don't lead the lift with your toe, but keep the outside of your foot flat and parallel with the ceiling. You should feel the muscle in your outer hip working. This should be a slow and controlled movement, NOT using momentum. Perform on both sides.

Repeat 20 Times

Complete 3 Sets



TOUCHDOWNS

Start with both feet on top of a step/box. Next, slowly lower your leg down in front of the step/box to lightly touch your heel to the floor. Push through your heel that is on the box and return to the original position with both feet on the step/box.

Maintain proper knee alignment: Knee in line with the 2nd toe and not passing in front of the toes.

Try and keep your chest up, core engaged. Video # VVWTD2U5R

Repeat 8 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



Bridging

Laying on your back with knees bent and feet flat on the ground. Roll up into a bridge, buttock first as pictured. Then slowly lower back down, one vertebrae at a time, glutes hit the ground last. While you're performing this exercise, you should be digging your heels into ground as if trying to pull them towards your head.

Repeat 10 Times

Complete 3 Sets



FROG PUMPS

Lay on your back with your feet together, knees apart. While pushing your feet together, raise your hips into the air like a glute bridge. These pumps should be controlled at a steady pace.

Repeat 15 Times

Complete 2 Sets

Hold 2 Seconds

Perform 1 Times a Day



FIRE HYDRANT - QUADRUPED HIP ABDUCTION

Start in a crawl position and raise your leg out to the side as shown. Maintain a straight upper and mid back, don't let your stomach drop/back arch. Perform on both sides. Video # VVFJHC6ST

Repeat 15 Times

Complete 3 Sets

Hold 1 Second

Perform 1 Times a Day



SL RDL (Single Leg Romanian Deadlift)

- 1) Begin in tall standing position with a slight bend in both knees
- 2) Engage your core by lightly bringing belly button closer to the spine to maintain neutral lumbar spine
- 3) Next shift body weight to be standing on one leg only
- 4) Begin to hinge at the hips while you maintain a neutral spine. The first movement should be backwards as if someone were pulling your weight/hips backwards.
- 5) Once you feel stretch in the hamstrings, begin to drive through your heels to bring your hips forward and shoulders back to starting position.
- 6) If you are using weight, keep the weight close to your body and in the opposite hand of your stance leg. Your shins should stay vertical and the knees should maintain the same amount of bend.
- 7) Complete for assigned repetitions
- 8) It is important to not allow the lumbar spine to hyperextend or flex, it should maintain neutral position!

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week



Box Squats

With hands out in front of you bend forwards at the hips, like you are going to sit back on a chair (get your hips as far away from your ankles as you can) and then return to standing. Use the box or chair below as a target to hit as you pivot from the hips.

Repeat 10 Times

Complete 3 Sets

KETTLEBELL SQUAT

Start with feet shoulder width apart and holding a Kettlebell (or whatever you may have around the house, or just have your hands) at your chest level. Next, squat down while holding the Kettlebell at your chest the entire time.

Do not let your knees pass your toes. Keep your back straight.
Video # VVWQ5AYM7



Repeat 15 Times

Complete 3 Sets

Hold 1 Second

Perform 1 Times a Day



SINGLE LEG SPLIT SQUAT - BULGARIAN SPLIT SQUAT

Stand on your leg and place your other foot propped up on a chair or other low object behind you as shown. Next, bend your knee and lower your body towards the floor. Return to a standing position by pushing through your heel.

Your knee should bend in line with the 2nd toe and not pass the front of the foot. Try and keep your chest up, and core engaged. Try focusing your eyes on one place to help with balance.

Repeat 6 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



Lateral Lunge

Step to the side with the step foot pointed forward as shown. Lower the hips so that the step-side thigh is parallel with the floor. Keep the core tight to prevent bending in the lumbar spine. Drive with the stance-side thigh and buttocks to return to standing.

Repeat 8 Times
Complete 3 Sets



Jump Squats

Start down in that squatting position. Hips down and back, chest up, core tight, weight in your heels! Use your arms to get momentum and jump as high as you can. When coming down to a landing positing make sure you land nice and soft with your knees bent back in that squatting position.

Repeat 15 Times
Complete 3 Sets



Reverse Lunge

Standing with feet together, bring the right leg backwards into a lunge position. Maintain the weight in the bent left knee. Return to standing position.

Perform on both sides.

Repeat 8 Times
Complete 3 Sets

Hold 2 Seconds
Perform 3 Times a Week



Running Man

Standing on left leg, bring right leg to 90 degrees in front of you.

Next, extend right leg behind you until you reach a lunge position keeping weight on left leg.

Keep left leg in straight forward alignment.

Repeat sets on both legs.

Repeat 10 Times
Complete 3 Sets

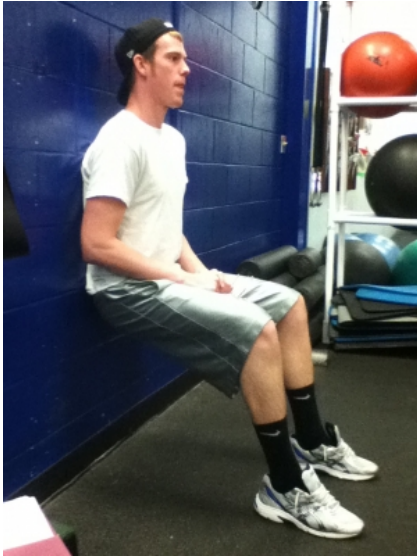
Perform 3 Times a Week



Step Ups

Stand in front of a box. Step up as shown driving the body up with the leg on the box. Keep the body still by using the core. Stance-side foot and knee should remain pointed straight ahead.

Repeat 10 Times
Complete 3 Sets



Wall Sit

Back flat against wall, knees bent at 90 degree angle. Fire gluteus and hamstrings. To increase intensity use an elastic band around the knees and/or increase duration.

Hold 30 Seconds

Complete 3 Sets