Walking Knee Raises	20 seconds
Toe Walking	20 seconds
Walking lunges	20 seconds
CALF WALL-Gastroc stretch	30 seconds each leg - three times
CALF WALL-Soleus stretch	30 seconds each leg - three times

CORE RELATED

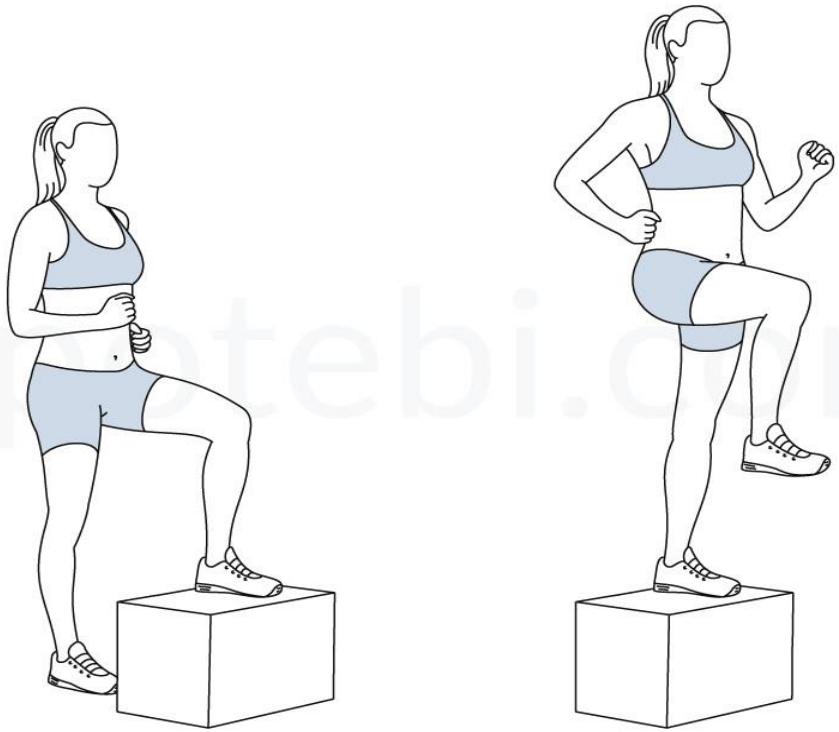
Regular planks	3 sets of 45 seconds 30 seconds rest in between each set
Side planks	30 seconds each side start with right side and go immediately to left side
Windshield Wipers	10 reps each side
Russian Twists	3 sets of 30 seconds each

General Leg Strength

Step Ups	3 sets of 15 reps (each leg)
Calf Raises	10 times (up and down is ONE). Rest one minute. 10 more times

Calf Raises

Start with foot about halfway over stair/platform.
Balls of feet should be on stair.
Raise up so that heels are above the stair.
SLOWLY lower heel so that the heel is below the stair.



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Regular Planks

Lie on your stomach and prop yourself up onto your toes and elbows with your feet slightly apart. Your toes should be about hip distance apart, with your elbows resting on the ground in a straight line under your shoulders.

Now lift and straighten your body, so it's forming a straight line from your head to your heel. Keep your core muscles engaged throughout the exercise.

Gaze at the floor while keeping your head relaxed and stress-free.

SIDE PLANKS

Lie on your side, supporting your upper body on your lower forearm while holding your top arm at your side or up in the air. Your feet should stack on top of each other. While lifting your body, keep a straight diagonal line from your head to your feet.

WINDSHIELD WIPERS

Begin by lying on your back with your knees bent and raised over your hips and your ankles parallel to the floor.

While engaging your core muscles and keeping your hips in contact with the floor, rotate your legs to the right, hold for a moment, then bring them back up and repeat the movement on the other side.

Avoid swinging too fast and using the momentum of the movement.

For more of a challenge: Flex your toes and keep your leg straight while doing the exercise, or hold the pose longer on each side.

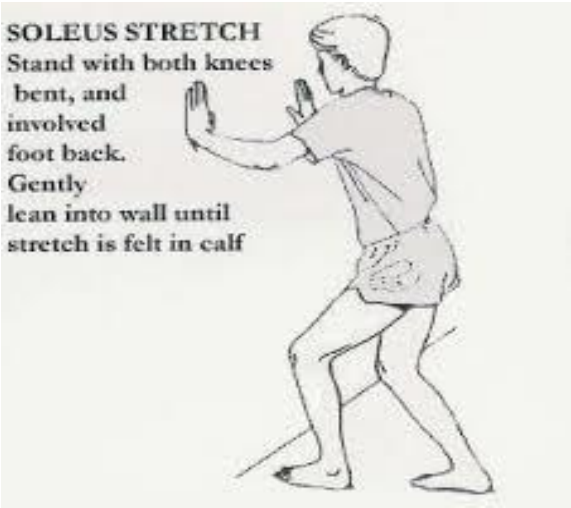
Russian Twist

Have a 5- to 15-pound medicine ball or weight next to you. Sit on the floor with your knees bent and your heels about a foot from your butt

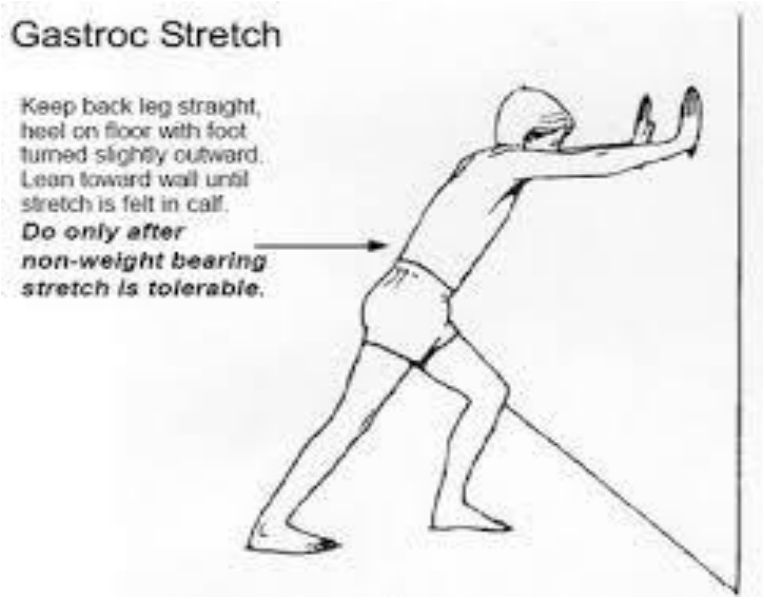
Keeping your back straight, lean back slightly without rounding your spine to a 45-degree angle and raise your feet off the floor.

Pick up the weight and hold it at chest level, then twist to the right, reaching with the ball as far behind you as possible. Pause, then rotate to the other side. Keep alternating sides.

For more of a challenge: Use a heavier medicine ball or dumbbell, or do more reps.



A more advanced stretch: roll up towel and put under ball of BACK foot so foot is propped up at 45 degrees with heel still on ground



A more advanced stretch: roll up towel and put under ball of BACK foot so foot is propped up at 45 degrees with heel still on ground