

**WARMUPS**

Knee hugs 20 seconds  
Heel 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** 2 sets of 75 seconds  
30 seconds rest in between each set

**Side planks** 45 seconds each side  
start with right side and go immediately to left side

**Windshield Wipers** 10 reps each side

**Mountain Climbers** Do for 50 seconds.

**Russian Twists** 2 sets of 40 seconds each. Try holding a weight in your hands as well

**Modified bird Dogs** 10 reps each side

**General Leg Strength**

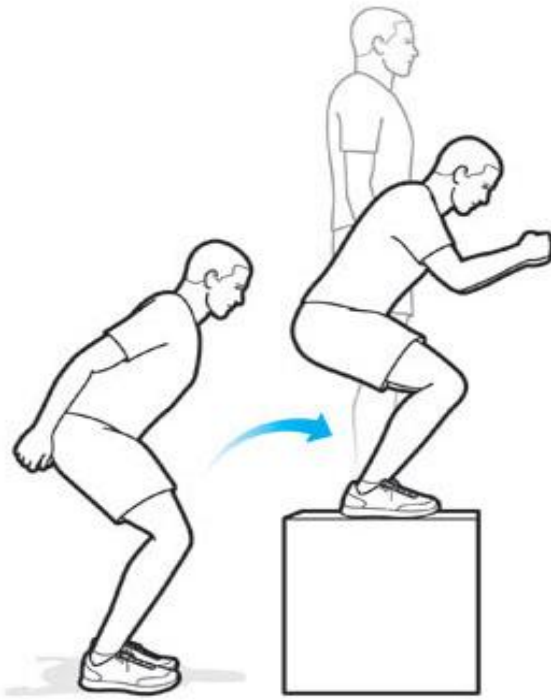
**Step Ups** 3 sets of 25 reps (each leg). Make sure to bring knee all the way up

**Calf Raises** 12 times (up and down is ONE). Rest one minute. 12 more times

**Wall sits** 2 sets of 75 seconds. Rest 1 minute in between

**Single Leg Dead Lift** 2 sets of 10 reps (each leg).

**Box Jumps** If you have a box (16-24 inches high) that can support you jumping onto it from the floor or a chair  
3 x 10 jumps up onto the box/chair (see tab with picture)



## 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.

## ANATOMY OF A PERFECT WALL SIT

### Wall Sits

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- The wall sit allows you to strengthen your muscle without putting too much pressure on your back.
- To do the wall sit, you need to stand about a foot from the wall.
- Lean back until your back is flat against the wall.
- Slowly lower your body until your knees are bent 90 degrees.
- Hold for about ten seconds before returning to your original position.
- Repeat 10 to 12 times.



## Modified Bird Dog

< 5 of 14 >



In a table position, lift your left arm so it's parallel to the ground. At the same time, lift your right leg so your thigh is parallel to the ground and your shin is perpendicular. Your knee should be bent at 90 degrees and your glute muscles activated. Hold for several seconds and switch sides.

## Modified Bird Dog

< 5 of 14 >



1



**Get into plank position.** Get down on the floor on your hands and knees. Extend your legs out behind you, balancing on the balls and toes. Place your hands directly under your shoulders with your fingers facing forward and slightly outward. Keep your core engaged by squeezing your stomach muscles. Your body should be in a straight line from your crown to your heels

3



2



Pull one knee up and in toward your midsection. Lift one foot and begin bending the knee as you pull it up between the front of your body and the floor. Bring the knee forward in one smooth, controlled motion. Don't let either of your knees sag or come into contact with the floor. Once you've raised your knee as far as you can, contract and hold your abs briefly but forcefully.

If possible, try to touch the top of your thigh to your chest.

4

**Repeat the action with your other knee.** Relax your midsection and push your knee back toward your other foot slowly. Straight your leg and set your foot back on the ground behind you. Then, bring the other knee forward, moving fluidly and squeezing your abs.

You should have one foot on the floor at all times to serve as your base

**Continue alternating the movement with both knees.** Return your leg to the floor behind you and begin pulling the opposite knee up once more.



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1. Stand on **one leg** with your **knee** slightly bent. (hold a weight in each hand for more advanced version).
2. Start bending at the hips and extend your free **leg** behind you.
3. Lower your torso until you're parallel to the floor.
4. Return to the starting position and repeat with the opposite **leg**.

Keep your weight on your back heels and **DO NOT** round your back.  
Keep your back in line with your raised leg.



## 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

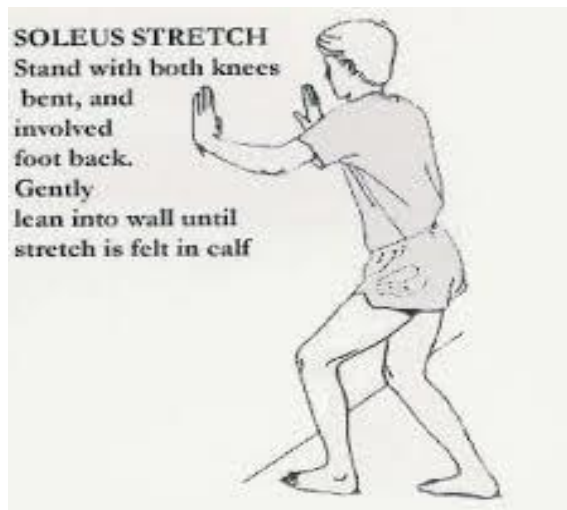
Keeping your back straight, lean back slightly without rounding your spine to a 45-degree angle and raise your feet off the floor.



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.



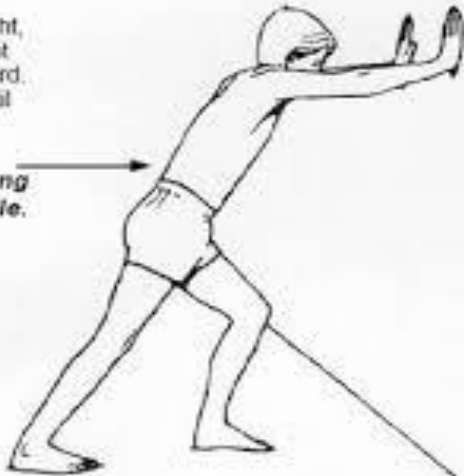


A more advanced stretch: roll up towel and put under ball of BACK foot so foot is propped up at 45 degrees with heel still on ground

## Gastroc Stretch

Keep back leg straight,  
heel on floor with foot  
turned slightly outward.  
Lean forward wall until  
stretch is felt in calf.

***Do only after  
non-weight bearing  
stretch is tolerable.***



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