

Leg Swings	10x front swings across body each leg
Leg Swings	10x leg swings forward and backward, each leg
Leg Swings	10x bent leg hurdle leg swing forward
Step up with knee raises	25 each leg - you will need a box that supports your weight or a stable chair
prone plank	90 seconds
Calf Raises	3x sets - 10 each leg - need something you can stand on the edge of and hold your weight that will raise you 4- 6 inches off ground (a brick, a couple pieces of wood, step) see picture on tab
side plank	45 seconds each side
Box jumps	3x sets - 12 reps each (if you don't have anything that works DO mountain climbers)
single leg deadlifts	hold 25 seconds
wall sit	1:30 minute
clams	32 each leg (with resistance band if you have one)
Skater squat jumps	45 seconds
Bulgarian Squats	3x sets - 10 each set - need a chair or box (see picture in tab)
Russian twists	45 seconds
Lateral Lunge	10x Hold each for 5 seconds
split squat	5 each leg, hold each for 5 seconds
Single leg hip lifts	3x each leg, hold 25 seconds each
mountain climbers	45 seconds
Good Morning	8x Hold each for 5 seconds

OTHER

Hip Flexor	3x 20 seconds each leg
Hip Rotators	hold each leg 30 seconds
Donkey Kicks	8x each leg
Fire Hydrants	8x each leg
Knee Circles	8x each leg

LEG SWINGS (LS)

1. FORWARD-BACKWARD



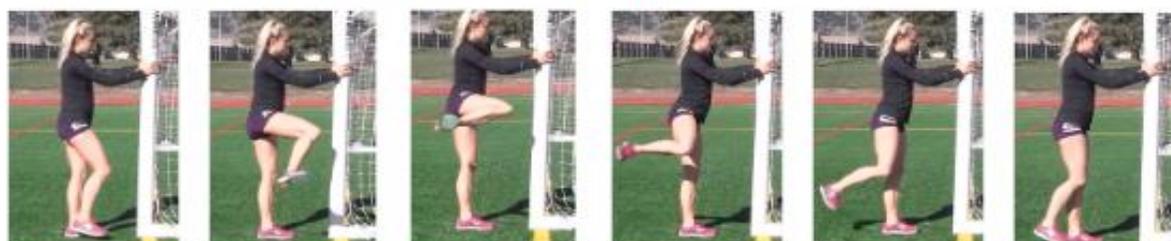
2. SIDE-TO-SIDE



3. HURDLE TRAIL LEG FORWARD



4. HURDLE TRAIL LEG BACKWARD





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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.

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.

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.



Stand with your feet at hip width, about a foot behind a plyo box or other sturdy elevated surface.

Hinge your hips and lower into a mini squat, feeling the weight in your engaged glutes and heels as you swing your arms back.

Explosively reverse the motion — extend your hips and legs as you swing your arms forward for added momentum to jump with a powerful hip pop onto the box.

Land gently on the balls of your feet with knees soft, then plant your feet on the box. Don't land with your heels hanging off the box or on your knees and hands.

Straighten your legs and drive through your hips to stand tall.

Step down one foot at a time, alternating legs after each jump.



1. Stand on **one leg** with your **knee** slightly bent. (hold a weight in each hand for a 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**.

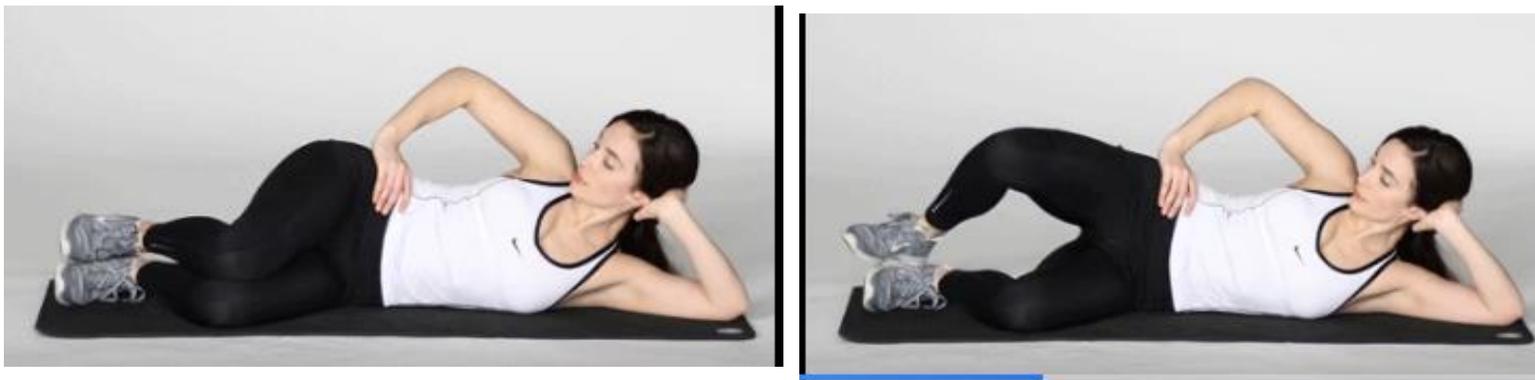
Keep your weight on your back heels and **DO NOT** round your back. Keep your back in line with your raised leg.

ANATOMY OF A PERFECT WALL SIT

Wall Sits

- 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.





1. Lie on your side, with legs stacked and knees bent at a 45-degree angle.
2. Rest your head on your lower arm, and use your top arm to steady your frame. Be sure that your hipbones are stacked on top of one another, as there is a tendency for the top hip to rock backward.
3. Engage your abdominals by pulling your belly button in, as this will help to stabilize your spine and pelvis.
4. Keeping your feet touching, raise your upper knee as high as you can without shifting your hips or pelvis. Don't move your lower leg off the floor.
5. Pause, and then return your upper leg to the starting position on the ground. Do 20 reps on each side.

WITH RESISTANCE BAND



1. Place the band around both legs, just above the knees.
2. Lie on one side with knees at a 45-degree angle, legs and hips stacked.
3. Contract your abdominal muscles to stabilize your core.
4. Keep your feet in contact with one another as you raise your upper knee as high as you can, without moving the hips or pelvis. Don't allow your lower leg to move off of the floor.
5. Pause at the top for a few seconds before returning the top knee to the starting position. Do 20 reps on each side.

SKATER TO SQUAT JUMP



Skater jump to right

SKATER TO SQUAT JUMP



Skater jump to left

SKATER TO SQUAT JUMP



Back to middle/start for a Squat

SQUAT JUMP



Then Jump up straight into the air



Strengthen Quads, glutes, hamstrings, calves. Improve balance and coordination

You'll need: A sturdy chair, bench or couch

This one can take a bit of set-up. Take some time to find a comfortable position for your back and front foot as you work on your balance.

Stand about two feet in front of your chair with feet hip-distance apart, core engaged.

Put your right foot on the chair behind you, keeping it hip-distance from the front foot. The back foot is for balance.

You can rest the top of your foot on the chair or plant your toes on the chair as you would when doing a split squat on the floor.

The work will be done by the front leg.

With your chest high, bend your front knee. Keep the load balanced on your front foot and knee tracking over that foot as you lower your hips.

Push back to standing.

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.



7. Lateral Lunge x 10.



1. Split Squat x 5 each leg.



These are jumping split squats. From a squat position you jump up vertically and switch legs to other leg position







3. Good Morning x 8.



Take a breath and hinge forwards from your hips, not your waist, allowing a slight bend in your knees but keeping your back flat. Lean forwards until you feel a slight stretch in your hamstrings (but don't go beyond horizontal), then, as you exhale, reverse the move to stand up straight.



3x 20 seconds each leg

Internal Rotators

1. To stretch the left side in sitting cross your left leg over the right so that your left ankle is laying across your right thigh.
2. Put your left hand on your left thigh and gently press down until you feel resistance.
3. Then tilt forward at the hips slowly as you exhale. Remember to keep your chest up and your back straight. Don't allow yourself to hunch forward or lose the normal lordosis (inward curvature) in your lower back.
4. Hold this position for the appropriate time. For most individuals 30 seconds is beneficial.



Long adductors can also be stretched in sitting. This hip stretch also includes hamstrings biasing the medial hamstrings, semimembranosus and semitendinosus.

1. To stretch both sides simultaneously sit with your legs straight out in front of you with your back straight.
2. Slowly work your legs apart as far as they will go. Hold this and relax for a few seconds.
3. Now as you exhale bend forward at your hips until you feel more resistance.
4. Be sure to keep your chest up and maintain a lumbar lordosis (normal inward curvature of the lower back)
5. Hold this for the appropriate time. Most people will gain a benefit from 30 seconds.



1. Donkey Kicks x 8.



3. Fire Hydrants x 8.

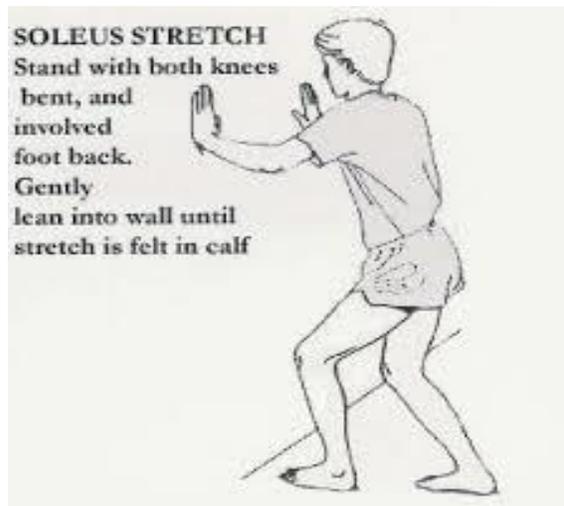


4. Knee Circles Forward x 8.



5. Knee Circles Backward x 8.



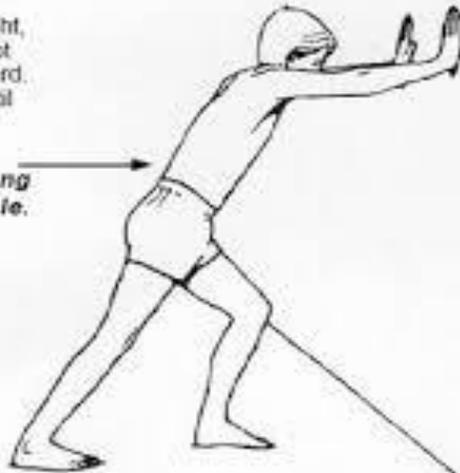


A more advanced stretch: roll up towel and put under ball of BACK foot so foot is propped up at 45 degrees with heel still on ground

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