

Total 7



Clamshell with band

Lying on side, loop band around knees. Contract lower and deep abdominals while raising top knee off of bottom knee keeping feet in contact with each other. Hips and knees are stay slightly bent and low back does not move.

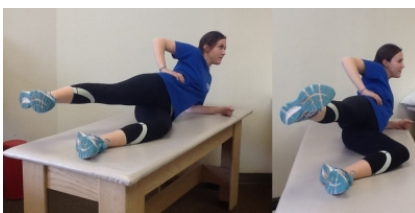
Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets



One Leg Bridge

Lying on back, one knee bent to 90 degrees the other leg straight. Raise hip, low back and straight leg off floor. Hold then lower to starting position.

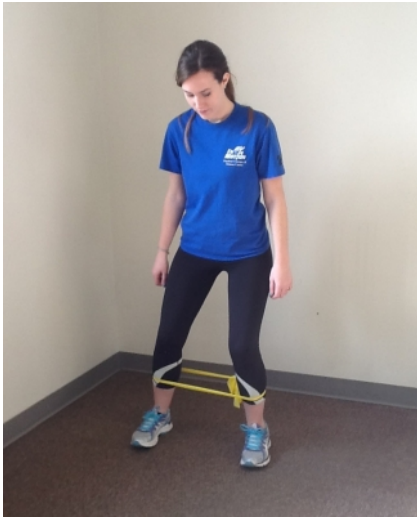
Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets



Sidelying Hip Abduction

Lie on your side, with the bottom knee slightly bent. Squeeze your seat, lifting your top leg away from your bottom leg and slightly behind you. Keep core and hips stable to avoid rotation.

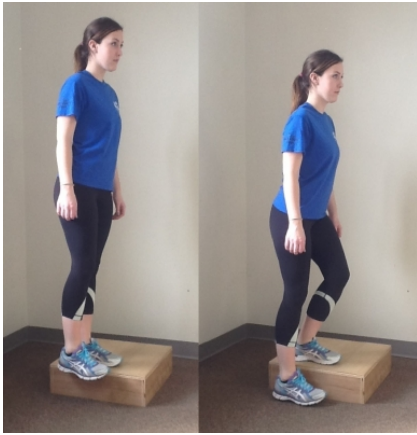
Repeat 10 Times
Complete 3 Sets



Side Steps with Theraband

With hips and knees slightly bent, step to the side while keeping your toes forward. Repeat in the opposite direction.

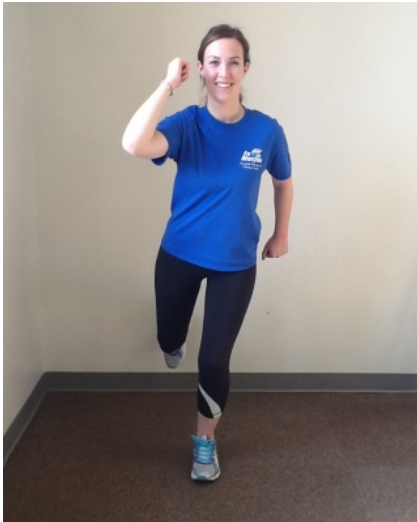
Repeat 10 Times
Complete 3 Sets



Step Down

Start standing on top of a stair. Step down to the side of the stair, keeping the hip, core, and knee stable. Squeeze quads and glutes on the way back to the top of the stair.

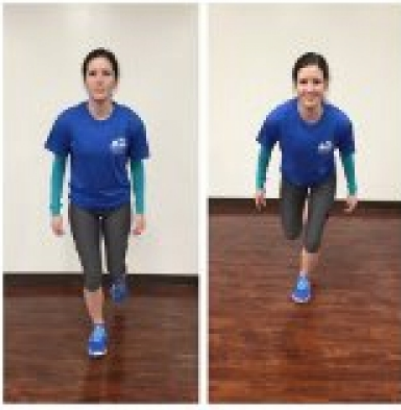
Repeat 10 Times
Complete 2 Sets



Single Leg Balance in Runner's Position

Stand on one leg with arm raised in front to 90 degrees and your non-stance leg slightly behind you with knee bent. Try to maintain good alignment with the hip, knee, and ankle.

Repeat 3 Times
Hold 10 Seconds



Jump and Land

Start from a standing position.
Jump forward with one leg, landing softly on leg, keeping knee in line with toes and behind toes while holding position. Also keep hips level and chest up tall
Return to starting position and repeat on opposite leg.

Repeat 10 Times
Hold 3 Seconds