

Weeks 1-2

STEP 1



STEP 2



Seated Hamstring Stretch

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

STEP 1



STEP 2



Quadriceps Stretch with Chair

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding onto a stable surface for support.

Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

STEP 1



STEP 2



Hip Flexor Stretch at Edge of Bed

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying diagonally at the edge of table or bed, with the leg furthest from the edge bent.

Movement

Let your straight leg hang off the edge of the bed, then pull your bent leg toward your chest and hold. You should feel a stretch in front of the hip of your hanging leg.

Tip

Make sure to keep your upper body relaxed and do not let your low back arch during the stretch.

STEP 1



STEP 2



Seated Piriformis Stretch

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair. Cross one leg over the other so that your ankle is resting on top of your opposite thigh.

Movement

Gently pull your bent knee across your body toward your opposite shoulder. You should feel a stretch through the back of your hip and buttocks.

Tip

Try to not to arch your back or lean to one side as you stretch.

STEP 1



STEP 2



ITB Stretch at Wall

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position next to a wall. Cross your outside leg over the other and place your arm against the wall.

Movement

Gently push your hip toward the wall until you feel a stretch in the side of your leg and hold.

Tip

Make sure not to lean forward or backward.

STEP 1



STEP 2



Supine Pelvic Tilt

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your back with your knees bent and feet resting on the floor.

Movement

Slowly tilt your pelvis forward, then tilt it back to neutral, and tilt it backward. Repeat these movements.

Tip

Make sure to concentrate your movements only on your pelvis.

STEP 1



STEP 2



Supine March

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground.

Movement

Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

Tip

Make sure to keep your trunk stiff during the exercise and do not let your low back arch.

STEP 1



STEP 2



Prone Hip Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your stomach with both legs stretched straight behind you.

Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

Tip

Make sure to keep your knee straight and trunk steady during the exercise.

STEP 1



STEP 2



Supine Isometric Hamstring Set

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one leg bent and your foot resting on the floor.

Movement

Gently press your heel into the ground. Without moving your leg, contract your muscles as if you were pulling your heel toward your buttock.

Tip

Make sure not to arch your low back during the exercise.

STEP 1



STEP 2



Clamshell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

STEP 1



STEP 2



Bird Dog

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours, with your arms positioned directly under your shoulders.

Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Tip

Make sure to keep your abdominals tight and hips level during the exercise.

STEP 1



STEP 2



Prone Double Leg Lift

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with your legs straight.

Movement

Bracing your abdominal muscles, lift both legs together off the floor, then lower them back down and repeat.

Tip

Make sure not to arch your back as you lift your legs, and keep the movement slow and controlled.

Weeks 3-4

STEP 1



STEP 2



Seated Hamstring Stretch

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

STEP 1



STEP 2



Quadriceps Stretch with Chair

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding onto a stable surface for support.

Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

STEP 1



STEP 2



Hip Flexor Stretch at Edge of Bed

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying diagonally at the edge of table or bed, with the leg furthest from the edge bent.

Movement

Let your straight leg hang off the edge of the bed, then pull your bent leg toward your chest and hold. You should feel a stretch in front of the hip of your hanging leg.

Tip

Make sure to keep your upper body relaxed and do not let your low back arch during the stretch.

STEP 1



STEP 2



Seated Piriformis Stretch

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair. Cross one leg over the other so that your ankle is resting on top of your opposite thigh.

Movement

Gently pull your bent knee across your body toward your opposite shoulder. You should feel a stretch through the back of your hip and buttocks.

Tip

Try to not to arch your back or lean to one side as you stretch.

STEP 1



STEP 2



ITB Stretch at Wall

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position next to a wall. Cross your outside leg over the other and place your arm against the wall.

Movement

Gently push your hip toward the wall until you feel a stretch in the side of your leg and hold.

Tip

Make sure not to lean forward or backward.

STEP 1



STEP 2



Supine Pelvic Tilt

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your back with your knees bent and feet resting on the floor.

Movement

Slowly tilt your pelvis forward, then tilt it back to neutral, and tilt it backward. Repeat these movements.

Tip

Make sure to concentrate your movements only on your pelvis.

STEP 1



STEP 2



Standing Hip Extension AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart and hands resting on your hips.

Movement

Lift your leg behind you with your knee straight and then lower it to the starting position and repeat.

Tip

Make sure to keep your back straight and do not let it arch as you lift your leg.

STEP 1



STEP 2



Standing Hip Adduction AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding onto a chair for support.

Movement

Lift that foot off the ground, and draw your leg inward. Repeat this motion. Keep the knee of your moving leg straight and do not allow your trunk to wobble.

Tip

Make sure to keep your shoulders and hips facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Lift your leg out to your side, then return to the starting position and repeat.

Tip

Make sure to keep your moving leg straight and do not bend or rotate your trunk during the exercise.

STEP 1



STEP 2



Standing Hip Flexion AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding onto a chair for support.

Movement

Lift one leg straight forward, then bring it back to the starting position and repeat.

Tip

Make sure to keep your abdominals tight and your hips facing straight forward during the exercise.

STEP 1



Single Leg Stance

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

Weeks 5-6

STEP 1



STEP 2



Step Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing tall on a step.

Movement

Slowly step off and lower one leg behind the step, lightly touching your foot to the ground. Straighten your leg on the step, returning to the starting position and repeat.

Tip

Make sure to keep your knee in line with your foot and do not let your pelvis tilt or drop.

STEP 1



STEP 2



Quadruped Hip Abduction and External Rotation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours with your hands under your shoulders and your knees under your hips.

Movement

Lift your leg up. Keeping your feet close together, turn your knee out to your side. Return to the starting position and repeat.

Tip

Make sure to engage your core and do not let your hips rotate or drop to either side.

STEP 1



STEP 2



STEP 3



Standard Lunge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

Movement

Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

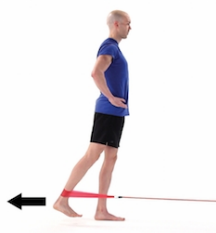
Tip

Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

STEP 1



STEP 2



Standing Hip Extension with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position balancing on one leg, with a resistance band secured around your other ankle, facing the anchor point.

Movement

Slowly draw your leg backward, creating further tension in the band, then carefully bring your leg back to the starting position. Keep the knee of your moving leg straight and do not allow your trunk to wobble.

Tip

Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Abduction with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position balancing on one leg, with a resistance band anchored in a door jam to your side and secured around your ankle that is furthest from the anchor point.

Movement

Slowly draw your leg out to the side, away from your body, creating further tension in the band, then carefully bring your leg back to the starting position.

Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Adduction with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position balancing on one leg, with a resistance band anchored in a door jam to your side and secured around your ankle that is closest to the anchor point.

Movement

Slowly draw your leg inward, creating further tension in the band, then carefully bring your leg back to the starting position.

Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Flexion with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position balancing on one leg, with a resistance band secured around your other ankle, facing away from the anchor point.

Movement

Slowly draw your leg forward, creating further tension in the band, then carefully bring your leg back to the starting position.

Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Side Stepping with Resistance at Thighs

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with a resistance band looped around your thighs, just above your knees. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

STEP 1



STEP 2



Step Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing tall on a step.

Movement

Slowly step off and lower one leg behind the step, lightly touching your foot to the ground. Straighten your leg on the step, returning to the starting position and repeat.

Tip

Make sure to keep your knee in line with your foot and do not let your pelvis tilt or drop.

STEP 1



STEP 2



STEP 3



Standard Lunge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

Movement

Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

Tip

Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

STEP 1



STEP 2



Standing Hip Extension with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position balancing on one leg, with a resistance band secured around your other ankle, facing the anchor point.

Movement

Slowly draw your leg backward, creating further tension in the band, then carefully bring your leg back to the starting position. Keep the knee of your moving leg straight and do not allow your trunk to wobble.

Tip

Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Abduction with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position balancing on one leg, with a resistance band anchored in a door jam to your side and secured around your ankle that is furthest from the anchor point.

Movement

Slowly draw your leg out to the side, away from your body, creating further tension in the band, then carefully bring your leg back to the starting position.

Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Adduction with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position balancing on one leg, with a resistance band anchored in a door jam to your side and secured around your ankle that is closest to the anchor point.

Movement

Slowly draw your leg inward, creating further tension in the band, then carefully bring your leg back to the starting position.

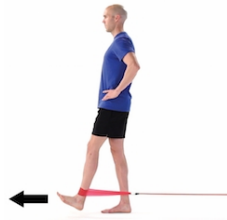
Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Flexion with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position balancing on one leg, with a resistance band secured around your other ankle, facing away from the anchor point.

Movement

Slowly draw your leg forward, creating further tension in the band, then carefully bring your leg back to the starting position.

Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Side Stepping with Resistance at Thighs

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with a resistance band looped around your thighs, just above your knees. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

Weeks 7-8

STEP 1



Single Leg Stance

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

STEP 1



STEP 2



Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

STEP 1



STEP 2



Bridge with Straight Leg Raise

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with both legs bent and your feet resting on the ground.

Movement

Tighten your abdominals and lift your hips off the ground into a bridge position. Straighten one leg with your thigh in line with your other leg, then lift your straight leg up several inches. Your body should be in a straight line.

Tip

Make sure your movements are slow and controlled. Do not let your hips drop as you lift your leg.

STEP 1



STEP 2



Lateral Single Leg Lunge Jumps

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Alternate taking small hops from one foot to the other, then continue increasing the distance of each hop until they are jumps, landing on each leg in a lunge position.

Tip

Make sure to keep your weight in your heels, focus on making your landings as soft as possible, and maintain control during the exercise. Do not let your knee move forward past your toe as you land.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Forward Monster Walks

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slightly bend your knees into a mini squat position. Step diagonally forward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

Make sure to keep your chest upright and do not bend your knees forward past your toes.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Backward Monster Walks

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slightly bend your knees into a mini squat position. Step diagonally backward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

Make sure to keep your chest upright and do not bend your knees forward past your toes.

STEP 1



STEP 2



Lateral Monster Walk with Resistance (BKA)

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around your legs, making sure the band is around the end of your socket.

Movement

Slowly step sideways with one foot and follow with your other foot.

Tip

Make sure to keep your feet pointing straight forward and maintain tension in the band during the exercise. Do not let your feet come together.

STEP 1



Single Leg Stance

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

STEP 1



STEP 2



Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

STEP 1



STEP 2



Bridge with Straight Leg Raise

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with both legs bent and your feet resting on the ground.

Movement

Tighten your abdominals and lift your hips off the ground into a bridge position. Straighten one leg with your thigh in line with your other leg, then lift your straight leg up several inches. Your body should be in a straight line.

Tip

Make sure your movements are slow and controlled. Do not let your hips drop as you lift your leg.

STEP 1



STEP 2



Lateral Single Leg Lunge Jumps

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Alternate taking small hops from one foot to the other, then continue increasing the distance of each hop until they are jumps, landing on each leg in a lunge position.

Tip

Make sure to keep your weight in your heels, focus on making your landings as soft as possible, and maintain control during the exercise. Do not let your knee move forward past your toe as you land.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Forward Monster Walks

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slightly bend your knees into a mini squat position. Step diagonally forward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

Make sure to keep your chest upright and do not bend your knees forward past your toes.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Backward Monster Walks

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slightly bend your knees into a mini squat position. Step diagonally backward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

Make sure to keep your chest upright and do not bend your knees forward past your toes.

STEP 1



STEP 2



Lateral Monster Walk with Resistance (BKA)

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around your legs, making sure the band is around the end of your socket.

Movement

Slowly step sideways with one foot and follow with your other foot.

Tip

Make sure to keep your feet pointing straight forward and maintain tension in the band during the exercise. Do not let your feet come together.

STEP 1



STEP 2



STEP 3



Curtsy Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing with your feet hip width apart.

Movement

Reach one leg back and to the side at a 45 degree angle, keeping the weight on the base of your toes. Then, lower yourself down slowly. Drive through the front leg and return to the upright standing position.

Tip

Keep your movements slow and controlled and your front knee in line with the 2nd toe as you come down.

STEP 1



STEP 2



Side Plank with Hip Drops

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your forearm resting flat on the floor and your feet stacked.

Movement

Lift your hips off the floor into a side plank position, hold briefly, then lower your hips back down and repeat.

Tip

Make sure to keep your abdominals tight and check that your elbow is directly under your shoulder. Do not let your hips roll forward or backward during the exercise.

STEP 1



STEP 2



Single Leg Lunge with Foot on Bench

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a wide staggered stance position with your back foot resting on a bench.

Movement

Bend your front knee, lowering your body into a lunge position, then return to standing and repeat.

Tip

Make sure to keep your abdominals tight and do not let your knee move forward past your toe or collapse inward during the exercise.