

Weeks 1-2

STEP 1



Long Sitting Isometric Hip Adduction and Extension with Ball at Knees

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

Setup

Begin sitting upright on the floor with your knees resting on a bolster or towel, and a ball in between them.

Movement

Squeeze your knees together and push them down into the bolster at the same time. Relax, then repeat.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Hip Adduction Isometrics with Ball

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

Setup

Begin sitting in an upright position with both feet flat on the floor and a ball between your knees.

Movement

Gently squeeze both legs inward against the ball.

Tip

Make sure not to arch your back during this exercise.

STEP 1



STEP 2



Supine Pelvic Tilt

REPS: 10 | SETS: 1 | 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 Transversus Abdominis Bracing with Leg Extension

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

Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.

Movement

Tighten your abdominals, pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then straighten one knee, holding your leg a few inches off the ground. Bring it back to the starting position and repeat with your other leg.

Tip

Make sure to keep your abdominals tight as you extend your legs. Do not hold your breath during the exercise.

STEP 1



STEP 2



Prone Quadriceps Stretch with Strap

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

Setup

Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

Tip

Do not let your low back arch during the stretch.

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch

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

Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

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

STEP 1



STEP 2



Side Lunge Adductor Stretch

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

Setup

Begin in a wide stance position.

Movement

Shift your weight over to one side, bending your leg until you feel a stretch on the inside of your opposite thigh. Hold, then return to the starting position and repeat on the opposite side.

Tip

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

STEP 1



STEP 2



Standing Repeated Hip Flexion with Resistance

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

Setup

Begin standing upright with a resistance band looped around one ankle and anchored behind you, with your hands on your hips.

Movement

Lift your leg forward repeatedly without touching your foot to the ground.

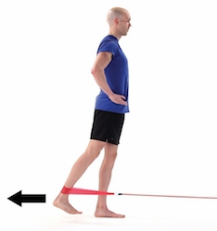
Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

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 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 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



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



Supine Bridge

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

Setup

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

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

STEP 1



STEP 2



Wall Squat

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

Setup

Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

Movement

Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

STEP 1



STEP 2



Lateral Step Down

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

Setup

Begin standing tall on the edge of a step.

Movement

Slowly step off and lower your outside leg, 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.

Weeks 3-4

STEP 1



STEP 2



Prone Quadriceps Stretch with Strap

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

Setup

Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

Tip

Do not let your low back arch during the stretch.

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch

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

Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

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

STEP 1



STEP 2



Side Lunge Adductor Stretch

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

Setup

Begin in a wide stance position.

Movement

Shift your weight over to one side, bending your leg until you feel a stretch on the inside of your opposite thigh. Hold, then return to the starting position and repeat on the opposite side.

Tip

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

STEP 1



STEP 2



Supine Bridge

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

Setup

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

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

STEP 1



STEP 2



Wall Squat

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

Setup

Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

Movement

Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

STEP 1



STEP 2



Lateral Step Down

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

Setup

Begin standing tall on the edge of a step.

Movement

Slowly step off and lower your outside leg, 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



Side Stepping with Resistance at Thighs

REPS: 10 | SETS: 3 | 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



Standing Repeated Hip Flexion with Resistance

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

Setup

Begin standing upright with a resistance band looped around one ankle and anchored behind you, with your hands on your hips.

Movement

Lift your leg forward repeatedly without touching your foot to the ground.

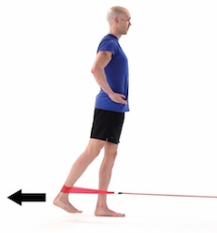
Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

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 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 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.

Weeks 5-6

STEP 1



STEP 2



Prone Quadriceps Stretch with Strap

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

Setup

Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

Tip

Do not let your low back arch during the stretch.

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch

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

Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

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

STEP 1



STEP 2



Side Lunge Adductor Stretch

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

Setup

Begin in a wide stance position.

Movement

Shift your weight over to one side, bending your leg until you feel a stretch on the inside of your opposite thigh. Hold, then return to the starting position and repeat on the opposite side.

Tip

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

STEP 1



STEP 2



Side Stepping with Resistance at Thighs

REPS: 10 | SETS: 3 | 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.

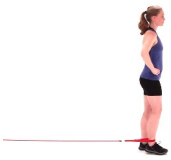
Movement

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



Standing Repeated Hip Flexion with Resistance

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

Setup

Begin standing upright with a resistance band looped around one ankle and anchored behind you, with your hands on your hips.

Movement

Lift your leg forward repeatedly without touching your foot to the ground.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

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 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 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



Squat in Wide Stance with External Rotation

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

Setup

Begin in a standing upright position with your feet in a wide stance and toes pointed outward.

Movement

Squat, bending at your knees and hips. Straighten your legs and repeat.

Tip

Make sure to keep your back straight, weight in your heels, and do not allow your knees to collapse inward or move forward past your toes during the exercise.

STEP 1



STEP 2



Romanian Deadlift

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

Setup

Begin standing with your feet shoulder width apart and your arms straight in front of you with your palms facing inward.

Movement

Bend forward at the waist so that your arms and chest are parallel to the floor. Hold briefly, then keep your back straight as you return to the starting position, and repeat.

Tip

You should feel a stretch in the back of your upper leg when you bend forward. Avoid locking your knees during the exercise.

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.

Weeks 7-8

STEP 1



STEP 2



Prone Quadriceps Stretch with Strap

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

Setup

Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

Tip

Do not let your low back arch during the stretch.

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch

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

Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

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

STEP 1



STEP 2



Side Lunge Adductor Stretch

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

Setup

Begin in a wide stance position.

Movement

Shift your weight over to one side, bending your leg until you feel a stretch on the inside of your opposite thigh. Hold, then return to the starting position and repeat on the opposite side.

Tip

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

STEP 1



STEP 2



Romanian Deadlift

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

Setup

Begin standing with your feet shoulder width apart and your arms straight in front of you with your palms facing inward.

Movement

Bend forward at the waist so that your arms and chest are parallel to the floor. Hold briefly, then keep your back straight as you return to the starting position, and repeat.

Tip

You should feel a stretch in the back of your upper leg when you bend forward. Avoid locking your knees during the exercise.

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 Single Leg Lunge Jumps

REPS: 10 | SETS: 2 | HOLD: 5 | 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



3-Way Lunge

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

Setup

Begin in a standing upright position.

Movement

Take a large step forward and lower yourself into a lunge position, then carefully return to the starting position. Repeat this motion stepping diagonally forward, and then sideways.

Tip

Make sure to keep your trunk steady and do not to let your knee collapse inward as you lunge.

STEP 1



STEP 2



Single Leg Lunge with Foot on Bench

REPS: 10 | SETS: 2 | 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.

STEP 1



STEP 2



Squat Jumps

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

Setup

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

Movement

Lower yourself into a squatting position with your arms straight, then jump up, moving your arms back as you do. Land in a squat and repeat the movement.

Tip

Make sure your knees do not collapse inward or move forward past your toes as you land, and try not to over arch your back.