

Weeks 1-2

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



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



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



Supine Pelvic Tilt

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

Setup

Begin lying on your back with your knees bent and hands resting on the bottom of your ribs.

Movement

Slowly tilt your pelvis backwards, trying to draw your navel towards your spine and flatten your spine to the ground. Reverse the motion by tilting your pelvis forward. Repeat.

Tip

Make sure to keep your movements slow and controlled and try to keep your stomach still.

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.

Weeks 3-4

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



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.

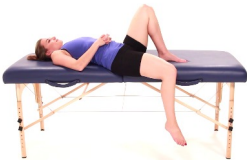
Movement

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



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

Leg 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 to let your low back arch during the stretch.

STEP 1



STEP 2



Supine Pelvic Tilt

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

Setup

Begin lying on your back with your knees bent and hands resting on the bottom of your ribs.

Movement

Slowly tilt your pelvis backwards, trying to draw your navel towards your spine and flatten your spine to the ground. Reverse the motion by tilting your pelvis forward. Repeat.

Tip

Make sure to keep your movements slow and controlled and try to keep your stomach still.

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



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



Active Straight Leg Raise with Quad Set

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

Setup

Begin lying on your back with one knee bent and your other leg straight

Movement

Squeeze the thigh muscles in your straight leg and flex your foot, then slowly lift your leg until it is parallel with your other thigh. Lower your leg back to the starting position and repeat.

Tip

Make sure to keep your back flat against the floor during the exercise.

STEP 1



STEP 2



Sidelying Hip Abduction

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

Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



Sidelying Hip Adduction

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

Setup

Begin by lying on your side with one knee bent and your foot resting in front of your other leg.

Movement

Slowly lift your straight leg towards the ceiling, then lower it back to the starting position.

Tip

Do not let your hips roll backward or 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.

STEP 1



STEP 2



Step Up

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

Setup

Begin standing with a small step or platform in front of you.

Movement

Step up onto the platform with one foot then follow with your other foot. Return back down to the starting position and repeat.

Tip

Make sure to maintain good posture during the exercise and do not let your knee bend forward past your toe as you step up.

STEP 1



STEP 2



Quadrupedal 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.

Weeks 5-6

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



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



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



STEP 3



Forward 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

Press your knees out against the band and slowly walk forward, one foot at a time.

Tip

Make sure to keep your feet wide and always maintain tension in the band. Do not let your legs collapse inward during the exercise.

STEP 1



STEP 2



STEP 3



STEP 4



Backward 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 take small steps backwards, keeping your feet flat.

Tip

Make sure to keep your movements controlled and maintain tension in the band during the exercise.

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



Single Leg Stance on Foam Pad

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

Setup

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

Movement

Lift one foot off the pad, 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



Single Leg Bridge

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

Setup

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

Movement

Straighten one leg, keeping it in line with your other leg, then tighten your abdominals and lift your hips off the floor into a bridge position. Then lower yourself back down, and repeat.

Tip

Make sure to keep your abdominals tight and do not let your hips rotate during the exercise.

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.

Weeks 7-8

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



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



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



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 on Elbow

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

Setup

Begin lying on your side with your feet stacked, resting on your elbow.

Movement

Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

Tip

Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not 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.