

## 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



### 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



### 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.

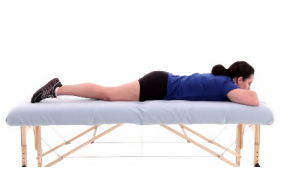
#### Movement

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 Hip Extension with Sound Leg Straight (AKA)

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

#### Setup

Begin lying on your front.

#### Movement

Tighten your buttock muscles, then lift your sound limb off the bed. Hold briefly, then relax and repeat.

#### Tip

Make sure to keep your core engaged during the exercise. Do not arch your low back or rotate your hips.

STEP 1



STEP 2



### Quadruped Bent Leg Hip Extension

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

#### Setup

Begin on all fours.

#### Movement

Tighten your abdominals and then lift one leg upward, keeping your knee bent. Lower it back down, then repeat. Think of pushing your foot toward the ceiling.

#### Tip

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

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.

## 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



### 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



### 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



### 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



### 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



### 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



### 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



STEP 2



### Single Leg Stance with Support

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

#### Setup

Begin in a standing upright position holding on to a stable object for support.

#### Movement

Lift one foot off the floor and hold this position.

#### Tip

Make sure to maintain your balance during the exercise.

## Weeks 5-6

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



### Quadruped Bent Leg Hip Extension

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

**Setup**

Begin on all fours.

**Movement**

Tighten your abdominals and then lift one leg upward, keeping your knee bent. Lower it back down, then repeat. Think of pushing your foot toward the ceiling.

**Tip**

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

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 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



### Quadruped Bent Leg Hip Extension

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

**Setup**

Begin on all fours.

**Movement**

Tighten your abdominals and then lift one leg upward, keeping your knee bent. Lower it back down, then repeat. Think of pushing your foot toward the ceiling.

**Tip**

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

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.

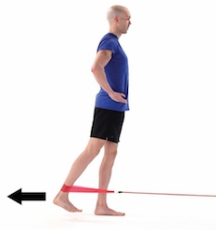
#### Tip

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



### Hip Extension with Resistance Loop

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

**Setup**

Begin in a standing upright position with a resistance band looped around your ankles, holding a stable object for balance.

**Movement**

Lift one leg backward, keeping your knee straight. Then bring it back to the starting position and repeat.

**Tip**

Make sure to keep your abdominals tight and your back straight 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



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



### Single Leg Balance on Foam Pad

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

**Setup**

Begin in a standing upright position on a foam surface with your arms resting at your sides.

**Movement**

Raise both arms and lift one foot off the surface by bending your knee, transferring your weight to your other leg. Hold this position.

**Tip**

Make sure to keep your back straight during the exercise. Do not lose your balance and do not let your legs touch while you are balancing.



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



### 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.