

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 5-6

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



Runner's Climb

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

Setup

Begin in a standing upright position with one foot on the edge of a step in front of you.

Movement

Drive your opposite knee up toward your chest, hold briefly, then slowly lower your leg back to the starting position and repeat.

Tip

Make sure to keep your chest upright and squeeze the gluteal muscles on your stance leg to help maintain your balance.

STEP 1



STEP 2



Full Plank with Shoulder Taps

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

Setup

Begin on all fours then straighten your legs to bring yourself into a plank position.

Movement

Hold this position and lift one hand off the ground to tap your opposite shoulder. Return to starting position and repeat with your other hand.

Tip

Make sure to keep your abdominals tight and keep your back straight during the exercise. Do not let your trunk rotate.

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



Quadruped Leg Extension with Resistance

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

Setup

Begin on all fours holding the end of a resistance band that is looped around your foot on the same side.

Movement

Straighten your leg, pushing against the resistance until it is parallel with the ground. Slowly return to the starting position and repeat.

Tip

Make sure to keep your head looking down between your hands and do not let your trunk rotate during the exercise.

STEP 1



STEP 2



Band Walks

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

Setup

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

Movement

Slowly walk forward, one foot at a time.

Tip

Make sure to maintain constant tension in the band and keep your toes pointing forward. Do not drag your feet on the ground or let your knees collapse inward during the exercise.

Weeks 7-8

STEP 1



STEP 2



Single Leg Deadlift with Kettlebell

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

Setup

Begin in a standing upright position holding a kettlebell in one hand.

Movement

Lift one leg off the ground and bend forward at your hips, lowering the kettlebell toward the ground. Then return to an upright position and repeat.

Tip

Make sure to keep your back straight during the exercise and try not to let your knee move forward as you lower the weight.

STEP 1



STEP 2



Kettlebell Swing

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

Setup

Begin in a standing upright position with your feet slightly wider than shoulder width apart and a kettlebell in front of you on the floor.

Movement

Bend at your hips to reach down and grasp the kettlebell. Lift it off the ground, and stand up, swinging it forward at the top of the movement, then bend back down and repeat.

Tip

Make sure to keep your abdominals tight during the exercise and use your back and leg muscles to create momentum for swinging the kettlebell forward.

STEP 1



STEP 2



Standing Diagonal Chop

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

Setup

Begin in a standing upright position, holding the end of a resistance band with both hands. The band should be anchored above and to your side.

Movement

Slowly pull the band down and across your body in a diagonal movement, rotating your trunk, then return to starting position and repeat.

Tip

Make sure to keep your arms straight, and activate your core muscles as you rotate your trunk.

STEP 1



STEP 2



Side Plank on Elbow

REPS: 10 | SETS: 3 | 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



Side Sit Up

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

Setup

Begin lying on your back with your knees bent and feet resting on the floor. Let both of your legs fall to one side.

Movement

With your hands crossed over your chest, lift your upper body off of the floor, then lower it back down and repeat.

Tip

Make sure to maintain a gentle chin tuck throughout the exercise.