

Weeks 1-2

STEP 1



STEP 2



Supine Hamstring Stretch with Strap

SETS: 5 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

Setup

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

Movement

Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

Tip

Make sure to keep your other leg straight on the ground during the stretch.

STEP 1



STEP 2



Supine Quadriceps Stretch with Strap on Table

SETS: 5 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back on a table or bed with one leg hanging off the edge, holding the end of a strap that is draped over your shoulder and secured around your foot.

Movement

Slowly pull on the strap, bending your knee until you feel a stretch in the front of your thigh. Hold this position.

Tip

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

STEP 1



STEP 2



Supine Figure 4 Piriformis Stretch

SETS: 5 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your back with your knees bent. Cross one leg over the other so your ankle is resting on your opposite knee.

Movement

Pull your leg towards your chest until you feel a stretch and hold.

Tip

Make sure to keep your back flat against the bed during the stretch.

STEP 1



STEP 2



Seated Piriformis Stretch

SETS: 5 | HOLD: 10S | 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



Supine Posterior Pelvic Tilt

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

Setup

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

Movement

Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting position and repeat.

Tip

Make sure to only move your pelvis and low back and keep the rest of your body relaxed.

STEP 1



STEP 2



Hooklying Single Knee to Chest Stretch

SETS: 5 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

Setup

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

Movement

Place your hands around one thigh, then slowly pull your knee toward your chest until you feel a gentle stretch in your lower back.

Tip

Make sure to keep your back relaxed during the stretch.

STEP 1



STEP 2



Supine Double Knee to Chest

SETS: 5 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with both legs bent and feet flat on the bed.

Movement

Pull both knees toward your chest and hold.

Tip

Make sure to keep your back relaxed during the exercise.

STEP 1



STEP 2



Static Prone on Elbows

SETS: 5 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front.

Movement

Lift your chest off the ground and position your elbows under your shoulders with your forearms resting on the ground. Hold this position.

Tip

Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck during the exercise.

Weeks 3-4

STEP 1



STEP 2



STEP 3



Standing Quadratus Lumborum Stretch with Doorway

SETS: 5 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position to the side of a doorframe.

Movement

Cross your outside leg behind the other and hold onto the doorframe, then slowly lean your hips away until you feel a gentle stretch along the side of your body.

Tip

Make sure to maintain a gentle stretch and only move in a comfortable range.

STEP 1



STEP 2



STEP 3



Dead Bug

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

Setup

Begin lying on your back with your legs bent.

Movement

Lift your legs and arms off the ground, keeping your knees bent. Lower one arm to the ground and lower your opposite leg at the same time. Repeat with your opposite arm and leg, then continue this movement.

Tip

Make sure to keep your abdominals stiff as you lower your arm and leg, and do not let your low back arch off the ground.

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



Standard Plank

SETS: 3-5 | HOLD: 15S | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

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



Prone Press Up

SETS: 5-10 | HOLD: 10S | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your stomach, with your hands by your shoulders resting flat on the ground.

Movement

Push against the floor with your hands, bending your back upward.

Tip

Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



STEP 3

Sidestepping

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

Setup

Begin standing upright. Bend your hips and knees into a mini squat position.

Movement

Slowly step sideways, then step back to the starting position in the opposite direction.

Tip

Make sure to keep your feet pointing straight forward, your abdominals tight, and do not let your knees collapse inward 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.

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



Quadrupedal 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.