

Weeks 1-2

STEP 1



STEP 2



Supine Hamstring Stretch

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

Setup

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

Movement

Lift your straight leg up toward the ceiling and pull it towards yourself with your hands, feeling a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your leg straight and back flat on the bed during the exercise.

STEP 1



STEP 2



Child's Pose Stretch

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

Setup

Begin on all fours.

Movement

Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

STEP 1



STEP 2



Sidelying Quadriceps Stretch

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

Setup

Begin lying on your side with your legs straight.

Movement

Bend your upper leg, and grab hold of your foot to pull it toward your buttocks until you feel a stretch in the front of your thigh and hold.

Tip

Make sure not to let your hips tilt forward or backward.

STEP 1



STEP 2



Supine Figure 4 Piriformis Stretch

SETS: 3 | HOLD: 30S | 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



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



Ab Prep

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

Setup

Begin lying on your back with your knees bent, feet resting flat on the floor, and your hands resting on the back of your head.

Movement

Inhale as you nod your chin, then exhale as you slowly lift your head and upper back off of the mat. Hold as you inhale, then exhale as you slowly roll back down to the starting position and repeat.

Tip

Make sure to engage your abdominals and keep your low back and pelvis still during the exercise. Do not pull on your neck with your hands. Try to synchronize your breath with the movement.

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



Supine Posterior Pelvic Tilt

REPS: 10 | SETS: 3 | HOLD: 5 SECOND | 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.

Weeks 3-4

STEP 1



STEP 2



Bird Dog

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

Setup

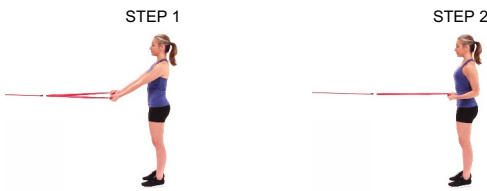
Begin on all fours, with your arms positioned directly under your shoulders.

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.



Standing Bilateral Low Shoulder Row with Anchored Resistance

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

Setup

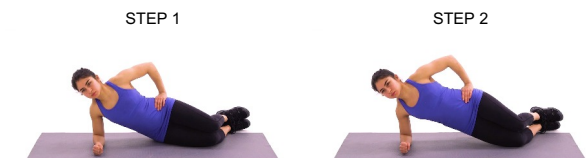
Begin in a standing upright position holding both ends of a resistance band that is anchored in front of you, with your palms facing up.

Movement

Pull your arms back against the resistance band, bending at your elbows, then return to the starting position and repeat.

Tip

Make sure to keep your back straight and think of squeezing your shoulder blades together as you pull your arms back.



Side Plank on Knees

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

Setup

Begin lying on your side with your knees bent, propped up on your forearm. Your elbow should be directly under your shoulder.

Movement

Engage your abdominal muscles and raise your hips up into a side plank position, keeping your knees on the ground. Hold this position, then return to the starting position and repeat.

Tip

Make sure to keep your core engaged during the exercise. Do not hold your breath or let your hips roll forward, backward, or drop towards the floor.



Deep Squat with Arms Overhead

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 as far as you can. You can raise your arms up to help you balance.

Tip

Make sure to keep your back straight and maintain your balance during the exercise. Do not let your knees move forward past your toes during the squat.



Standard Plank

REPS: 10 | SETS: 3 | 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.



Curl Up with Arms Crossed

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

Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your arms crossed over your chest.

Movement

Slowly curl your upper body towards your knees, keeping your arms crossed on your chest. Return to the starting position and repeat.

Tip

Make sure your low back stays flat on the floor. Do not let your chin jut forward during the exercise.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Forward Monster Walks

REPS: 10 | SETS: 3 | 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



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.

Weeks 5-6

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Forward Monster Walks

REPS: 10 | SETS: 3 | 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



Half Kneeling Chop with Medicine Ball

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

Setup

Begin in a half kneeling position, with your arms up toward one side, holding a small medicine ball.

Movement

Pull your arms diagonally down to your other side in a chopping motion, without rotating your trunk. Slowly return to the starting position and repeat.

Tip

Make sure to maintain your balance and activate your core muscles as you pull down.

STEP 1



STEP 2



Plank with Hip Extension

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

Setup

Begin on all fours.

Movement

Move your body forward into a plank position, with your elbows on the ground. Maintaining this position, lift one foot straight backward off the floor, then lower it back down and repeat with your other foot.

Tip

Make sure to keep your back straight and core engaged. Do not let your hips rotate to either side as you lift your legs.

STEP 1



STEP 2



Supine Bent Leg Lift with Knee Extension

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 bring both of your knees towards your chest, then extend your legs outwards without allowing your feet to touch the floor. Repeat this movement.

Tip

Make sure to keep your trunk stiff and do not let your low back arch during the exercise.

STEP 1



STEP 2



Single Arm Row with Trunk Rotation

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

Setup

Begin in a staggered stance position, holding the end of a resistance band anchored on the ground in front of you, with the arm opposite your forward leg and palm facing down.

Movement

Pull your arm back, tucking your elbow by your side, rotating your palm to face inward, and rotating your trunk in that direction. Reverse the movement back to the starting position and repeat.

Tip

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

Weeks 7-8

STEP 1



STEP 2



Diagonal Curl Up with Reach

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

Setup

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

Movement

Slowly curl your body diagonally upwards, reaching to one side of your knees with both arms. Return to the starting position and repeat to the other side.

Tip

Make sure your low back stays flat on the floor. Do not let your chin jut forward during the exercise.

STEP 1



STEP 2



Single Leg Bridge

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

Setup

Begin lying on your back with your knees bent and feet on the floor. Lift one leg off the floor, bending your knee to a 90-degree angle.

Movement

Maintaining this position, engage your stomach muscles and slowly lift your hips up into a bridge position. Hold briefly, then lower back down and repeat.

Tip

Make sure to keep your stomach muscles engaged during the exercise. Do not let your back arch or your hips drop to either side.

STEP 1



STEP 2



STEP 3



STEP 4



Lunge Matrix

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 sideways, and then backward.

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 Romanian Deadlift With Dumbbell

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

Setup

Begin standing upright with one hand grasping a dumbbell and your other hand resting at your waist.

Movement

Balancing on the leg opposite the dumbbell, bend at your hips and slowly tilt your body forward while extending your other leg backward. Then, return to the starting position and repeat.

Tip

Make sure to keep your back straight. Do not let your knee collapse inward during the exercise. Keep your elbow on the dumbbell side relaxed throughout the exercise.

STEP 1



STEP 2



Full Plank with Hip Flexion/Adduction Knee Drive on Floor

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

Setup

Begin on hands and knees. Raise yourself into a high plank position.

Movement

Bring one knee toward your opposite elbow, then return it back to the start and repeat with your other leg. Repeat.

Tip

Make sure to keep your core muscles engaged, back straight, and shoulders over your hands.