

## Weeks 1-2

STEP 1



STEP 2



### Supine Hamstring Stretch with Strap

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | 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



STEP 3



### Standing Hip Flexor Stretch

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

#### Movement

Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

#### Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.

STEP 1



STEP 2



### Seated Piriformis Stretch with Trunk Bend

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting upright in a chair with one ankle resting on your opposite knee.

#### Movement

Slowly lean forward, gently pressing down on your bent leg with your hands until you feel a stretch along the underside of your thigh. Hold this position.

#### Tip

Make sure to keep your back straight as you bend forward.

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.

STEP 1



STEP 2



### Supine Single Knee to Chest Stretch

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your back with your legs straight.

#### Movement

Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back.

#### Tip

Make sure to keep your back relaxed and flat on the ground during the stretch.

STEP 1



STEP 2



### Supine Double Knee to Chest

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

**Setup**

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

**Movement**

Using your hands, slowly pull your knees toward your chest until you feel a gentle stretch in your lower back.

**Tip**

Make sure to keep your back relaxed during the stretch.

## Weeks 3-4

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



### 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



### Supine Lower Trunk Rotation

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

**Setup**

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

**Movement**

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

**Tip**

Make sure that your back and shoulders stay in contact with the floor.

STEP 1



STEP 2



### Seated Lumbar Flexion Stretch

REPS: 3 | SETS: 1 | HOLD: 20 SECOND | DAILY: 1 | WEEKLY: 7

**Setup**

Begin sitting in a chair with your knees spread apart.

**Movement**

Bend forward, letting your arms hang toward the ground until you feel a stretch in your lower back.

**Tip**

Make sure to keep your movements slow and controlled and do not rise up off the chair when you bend forward.

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



### Seated March

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

#### Setup

Begin sitting upright in a chair with your feet flat on the floor.

#### Movement

Keeping your knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

#### Tip

Make sure to keep your back straight and do not let it arch as you lift your legs.

STEP 1



STEP 2



### Seated March with Opposite Arm Flexion on Swiss Ball

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

#### Setup

Begin sitting upright on a swiss ball.

#### Movement

Keeping your trunk steady, lift one knee as you raise your opposite arm toward the ceiling. Then lower both limbs back to the starting position and repeat with the opposite arm and leg.

#### Tip

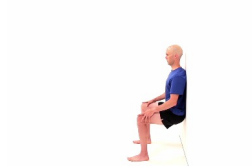
Make sure to keep your balance and do not let your pelvis tilt to either side during the exercise.

## Weeks 5-6

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



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



### Crossover Step Up with Knee Drive

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

#### Setup

Begin in a standing upright position to the side of a step or bench.

#### Movement

Step your outside foot across your body and onto the step, then shift your weight to stand on the step as you lift your opposite leg up towards your chest. Reverse the movement, and repeat.

#### Tip

Make sure to keep your trunk and pelvis facing forward during the exercise. Focus on activating your buttock muscles as you step onto the step.

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.

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.

## Weeks 7-8

STEP 1



STEP 2



### Full Plank with Shoulder Taps

REPS: 10 | SETS: 2 | 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



### Forward T

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

#### Setup

Begin in a standing upright position with your hands resting at your waist.

#### Movement

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

#### Tip

Make sure to keep your back straight, and don't let your knee collapse inward during the exercise.

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 the 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



### Squat with Chest Press

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

**Setup**

Begin in a standing upright position, with your feet slightly wider than shoulder width apart, holding a medicine ball with both hands.

**Movement**

Squat, bending at your knees and hips, and press the ball away from your chest, until your knees are close to a 90 degree angle, then repeat.

**Tip**

Make sure to keep your back straight and do not let your knees bend forward past your toes.