

Weeks 1-2



Seated Ankle Pumps

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

Setup

Begin sitting upright with one leg straight forward.

Movement

Slowly pump your ankle, bending your foot up toward your body, then pointing your toes away from your body, and repeat.

Tip

Make sure to move your foot in a straight line and try to keep the rest of your leg relaxed.



Supine Hamstring Stretch

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

Setup

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

Movement

Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly straighten your knee until you feel a stretch in the back of your thigh and hold.

Tip

Make sure to keep your back flat on the floor during the stretch.



Seated Calf Towel Stretch

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

Make sure the towel is placed at the arch, not over the toes. Do not let the toe extend.

Setup

Begin sitting tall on the floor with your leg straight in front of you, holding a towel that is looped around the bottom of your foot.

Movement

Gently pull the towel towards your body until you feel a stretch in the back of your calf. Hold this position.

Tip

Be sure to keep your leg straight and do not let your knee bend.



Bridge with Arms at Sides and Feet on Swiss Ball

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

Setup

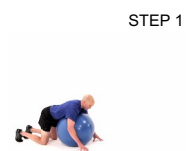
Lie on your back with your feet resting on a swiss ball and your arms positioned next to your body, palms facing down.

Movement

Lift your bottom off the floor until your body is straight.

Tip

Do not allow your back to arch.



Plank with Feet on Swiss Ball

REPS: 5 | SETS: 1 | HOLD: 30 SECOND | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with your trunk resting on a swiss ball and your legs out straight.

Movement

Slowly walk your hands forward until the ball reaches your ankles. Then slowly walk your hands backward to roll the ball back up to your trunk and repeat.

Tip

Make sure to keep your back straight during the exercise.

Weeks 3-4

STEP 1



STEP 2



Ankle Dorsiflexion with Resistance

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

Setup

Begin sitting tall on the ground with one knee bent and the other leg straight with a band looped around the top of your foot. The band should be anchored near the floor in front of you.

Movement

Bend your foot up against the band, raising your toes towards the ceiling.

Tip

Make sure to only move at your ankle and try to keep your knee still.

STEP 1



STEP 2



Ankle Eversion with Resistance

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

Setup

Begin sitting tall on the ground with one knee bent and the other leg straight with a band looped around the ball of your foot. The band should be anchored near the floor out to the opposite side of your leg.

Movement

Pull your foot outward against the band. Slowly return to the starting position and repeat.

Tip

Make sure to only move at your ankle and try to keep your knee still.

STEP 1



STEP 2



Ankle Inversion with Resistance

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

Setup

Begin sitting tall on the ground with one knee bent and the other leg straight with a band looped around the ball of your foot. The band should be anchored near the floor out to the same side of your leg.

Movement

Pull your foot inward against the band. Slowly return to the starting position and repeat.

Tip

Make sure to only move at your ankle and try to keep your knee still.

STEP 1



STEP 2



Ankle and Toe Plantarflexion with Resistance

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

Setup

Begin sitting upright on the floor with one knee bent, and your other leg straight with a resistance band around your foot and toes, holding the ends in each hand.

Movement

Bend your foot away from your body and curl your toes downward. Relax, then repeat.

Tip

Make sure to keep your back straight during the exercise.

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 with Plantarflexion

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

Setup

Begin lying on your front with your forehead resting on a towel roll and both legs straight.

Movement

Slowly lift one leg, hold, then return to the starting position and repeat.

Tip

Make sure to keep your leg straight and focus on engaging your buttock muscles during the exercise. Do not let your back arch or your hips rotate side to side.

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



Supine Hip Flexion with Resistance Loop

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

Setup

Begin lying on your back with a resistance band looped around your feet.

Movement

Tighten your abdominals, then slowly pull your knee toward your chest, pulling against the resistance band. Return to the starting position and repeat.

Tip

Make sure to keep your hips level on the ground and do not arch your back during the exercise.

STEP 1



STEP 2



Quadruped Fire Hydrant

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 out to your side, keeping your knee bent, then 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



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



Stride Stance Weight Shift

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

Setup

Begin in a standing upright position with one foot forward and your other foot back, holding onto a stable object at your side for support.

Movement

Shift your weight to your forward foot, then to your back foot. Repeat.

Tip

Make sure to keep a slight bend in your knees as you shift your weight.

STEP 1



STEP 2



Seated Toe Towel Scrunches

REPS: 1 | SETS: 1 | HOLD: 1 MINUTE | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with one foot resting on a flat towel.

Movement

Spread out your toes, then scrunch the towel with your toes, and repeat.

Tip

Make sure to keep the rest of your foot in contact with the ground during the exercise.

Weeks 5-6

STEP 1



Single Leg Stance

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

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

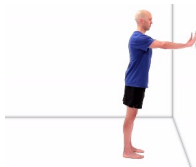
Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

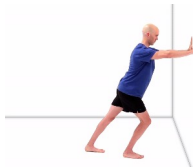
Tip

Try not to move your arms away from your body or let your weight shift from side to side.

STEP 1



STEP 2



Gastroc Stretch on Wall

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

Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

STEP 1



Soleus Stretch on Wall

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

Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.

STEP 1



STEP 2



Lateral Step Down

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

Setup

Begin standing tall on the edge of a step.

Movement

Slowly step off and lower your outside leg, lightly touching your foot to the ground. Straighten your leg on the step, returning to the starting position and repeat.

Tip

Make sure to keep your knee in line with your foot and do not let your pelvis tilt or drop.

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



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



STEP 3



Lower Quarter Reach Combination

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

Setup

Begin in a standing upright position in the middle of a Y shape on the floor.

Movement

Balance on one leg and reach your other leg along each of the three lines, going around the Y in a clockwise direction.

Tip

Make sure to maintain your balance during the exercise.

STEP 1



STEP 2



STEP 3



Lunge with Anchored Medial Resistance

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

Setup

Begin in a wide staggered stance position with a resistance band wrapped around your front knee that is anchored on the opposite side.

Movement

Bend your knees to lower down into a lunge, pressing against the band to prevent your knee from falling inward. Return to standing and repeat.

Tip

Make sure to keep your chest upright and do not let your front knee move forward past your toes.

Weeks 7-8

STEP 1



STEP 2



Single-Leg Quarter Squat

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

Setup

Begin in a standing upright position. Lift one foot off the ground.

Movement

Bend slightly at your knee and hip into a mini squat position, then straighten your leg and repeat.

Tip

Make sure to keep your back straight during the exercise and maintain your balance. Your knee should not move forward past your toes.

STEP 1



STEP 2



Standing Heel Raise with Support

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

Setup

Begin in a standing upright position holding onto a stable surface in front of you for support.

Movement

Slowly raise your heels off the ground as far as you can, then lower them back to the floor and repeat.

Tip

Make sure to keep the balls of your feet on the ground and maintain your balance during the exercise.

STEP 1



STEP 2



STEP 3



Lateral Lunge

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

Setup

Begin in a standing upright position with your feet shoulder width apart and arms resting at your side.

Movement

Step to the side with one leg, lowering your body into a lunge position, then carefully return to the starting position.

Tip

Make sure not to let your knees collapse inward during the exercise.

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



Standard Plank

REPS: 5 | SETS: 1 | HOLD: 30 SECOND | 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.