

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.

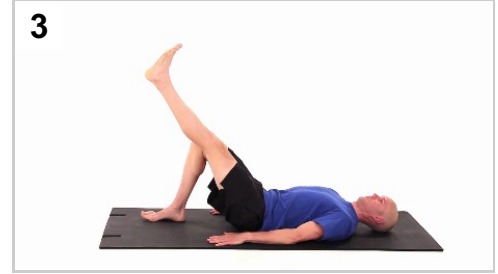
Single Leg Bridge

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

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

Movement

Straighten one leg, keeping it in line with your other leg, then tighten your abdominals and lift your hips off the floor into a bridge position. Then lower yourself back down, and repeat.

Tip

Make sure to keep your abdominals tight and do not let your hips rotate during the exercise.

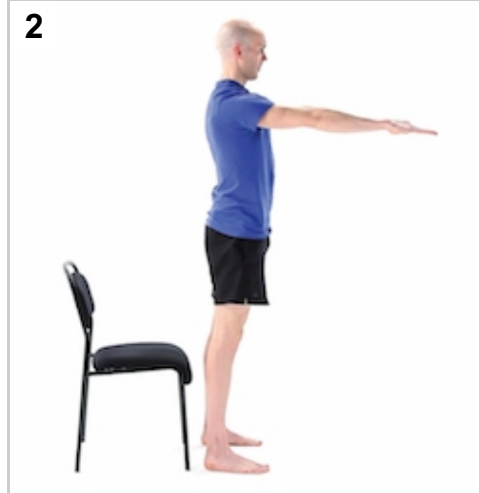
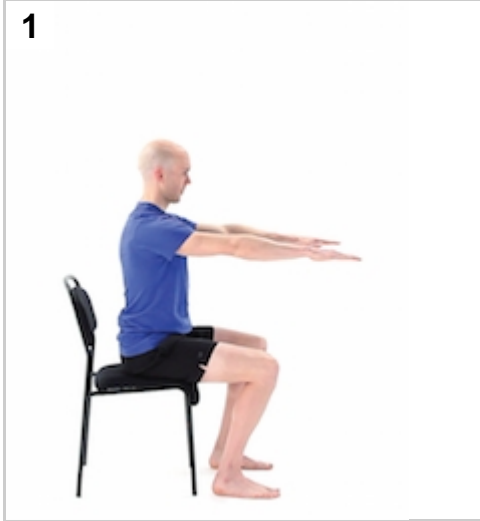
Sit to Stand without Arm Support

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin by sitting upright on a chair with your feet slightly wider than shoulder width apart.

Movement

Reach out with your arms and lean forward at your hips until your bottom starts to lift off the chair. Move your body into a standing upright position, then reverse the order of your movements to return to the starting position.

Tip

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

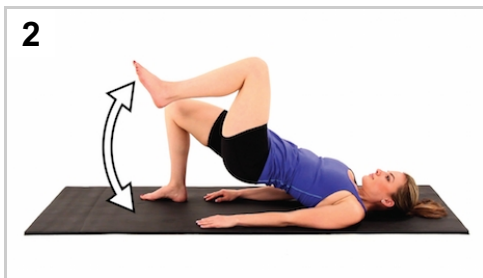
Marching Bridge

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with your arms laying straight to your sides, knees bent, and feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Lift one leg off the ground, keeping your knee bent. Lower it back down and repeat, alternating between each leg.

Tip

Make sure to keep your back straight throughout the exercise and your arms flat on the floor.

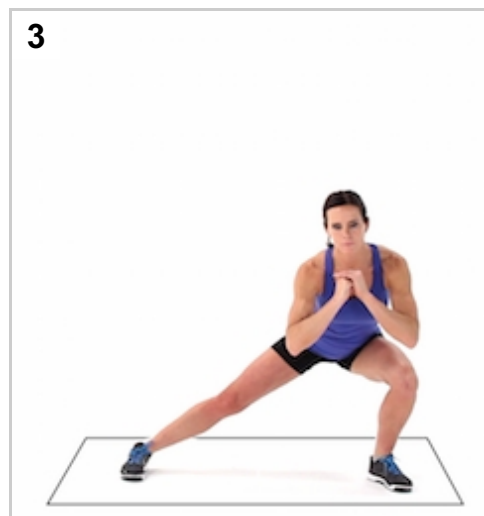
Lateral Lunge

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.

Single Leg Balance with Clock Reach

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



3



4



Setup

Begin in a standing upright position. Imagine you are standing in the middle of a clock.

Movement

Bend your legs slightly, then reach forward with one foot toward 12 o'clock, then bring it back to the starting position and reach toward 3 o'clock. Continue, reaching toward 6 o'clock, then 9 o'clock, and repeat.

Tip

Make sure to keep your hips level as you reach with your leg, and do not let your standing knee collapse inward.

Modified Side Plank with Hip Abduction

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your side, resting on your forearm with your bottom leg bent at a 90 degree angle and your top leg straight.

Movement

Tighten your abdominals and lift your hips up off of the floor. Then raise your heel so it is at the same level as your hip. Hold briefly, then relax and repeat.

Tip

Make sure that your head, hips, and leg are in a straight line and your shoulder is directly over your elbow. Do not let your hips roll backward or forward during the exercise.

Side Stepping with Resistance at Ankles

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



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 step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

Hip Extension with Resistance Loop

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with a resistance band looped around your ankles, holding a stable object for balance.

Movement

Lift one leg backward, keeping your knee straight. Then bring it back to the starting position and repeat.

Tip

Make sure to keep your abdominals tight and your back straight during the exercise.

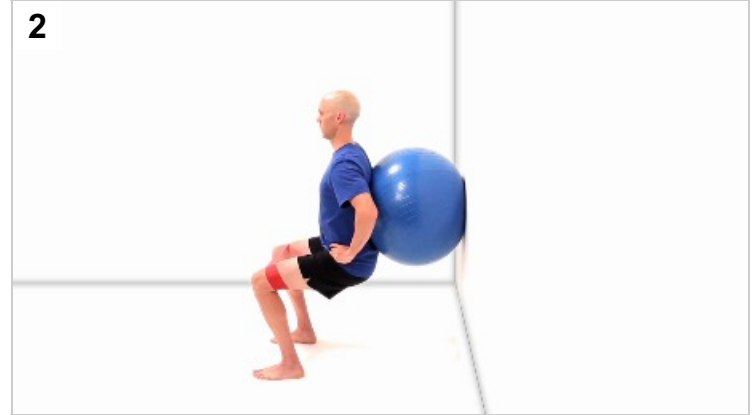
Wall Squat with Swiss Ball and Resistance Loop

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin standing with a swiss ball between your back and a wall, and a resistance band around your knees.

Movement

Slowly bend at your hips and knees, rolling down the wall into a squatting position. Then roll the ball back up and repeat.

Tip

Make sure to maintain constant tension in the band, and do not bend your knees forward past your toes during the exercise.

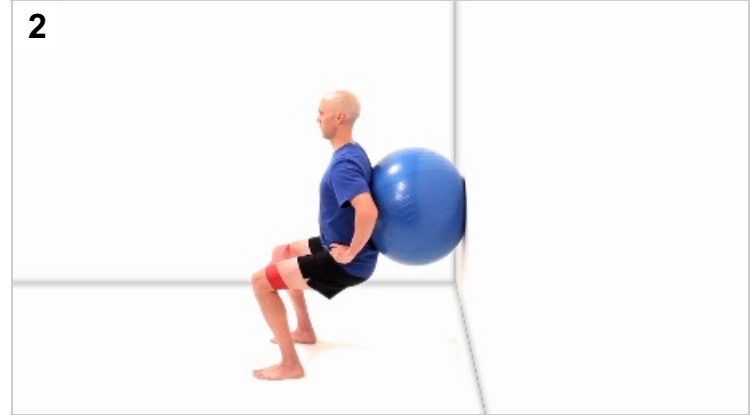
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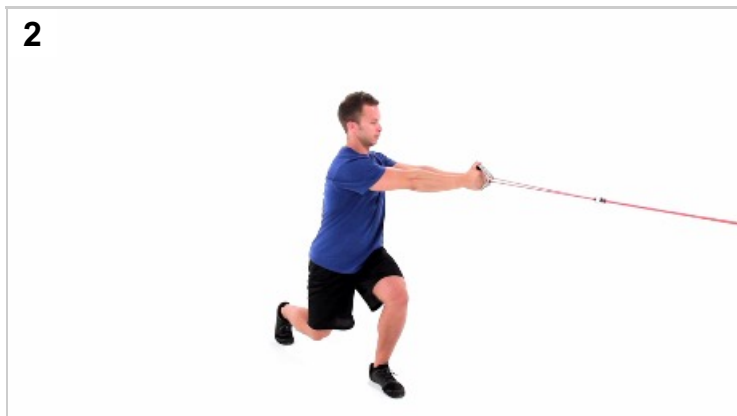
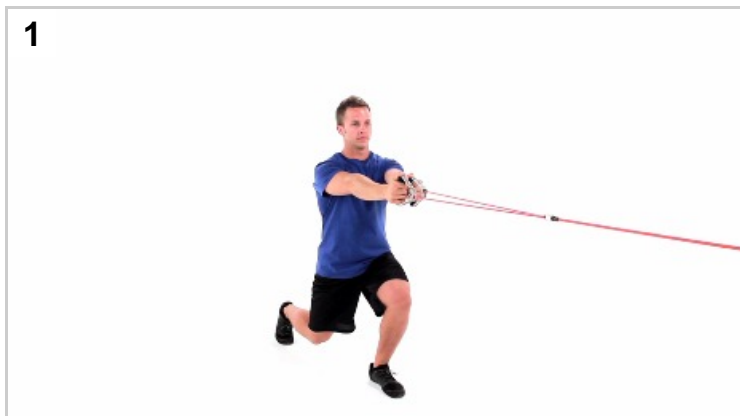
Lunge with Resistance Rotation Pull

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 at shoulder height, with your hands together.

Movement

Step back into a lunge position, tighten your abdominals, and rotate your arms and torso toward your forward leg. Then rotate back and repeat.

Tip

Make sure to keep your elbows and back straight during the exercise, and do not let your knee move forward past your toe.