

STEP 1

STEP 2

### Small Range Straight Leg Raise

REPS: 15 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

**Setup**

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

**Movement**

- Tighten your abdominals and lift your straight leg a small distance from the floor. Then lower it back down and repeat.

**Tip**

- Make sure to keep your low back flat against the floor and your knee straight during the exercise.



STEP 1

STEP 2

### Sidelying Hip Adduction

REPS: 15 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

**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

### Wall Squat with Swiss Ball

REPS: 12 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

**Setup**

- Begin standing with a swiss ball between your back and a wall.

**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 your knees do not bend forward past your toes and do not arch your back during the exercise.



STEP 1

STEP 2

### Long Sitting Straight Leg Raise with External Rotation

REPS: 15 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

**Setup**

- Begin sitting on the ground with one leg straight and your other leg bent, holding it with your arm.

**Movement**

- Rotate your straight leg out so your foot is at about a 45 degree angle. Contract the muscles in your thigh to raise that leg off the ground, keeping it rotated outward. Lower it back down and repeat.

**Tip**

- Make sure to keep your back straight during the exercise. Do not bend your knee as you lift your leg.



STEP 1

STEP 2

### Side Stepping with Resistance at Ankles

REPS: 15 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

**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.



STEP 1



STEP 2



## Standing Repeated Hip Extension with Resistance

REPS: 15 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

### Setup

- Begin standing upright with a resistance band looped around one ankle and anchored in front of you with your hands on your hips.

### Movement

- Lift your leg backward repeatedly without touching your foot to the ground.

### Tip

- Make sure to keep your movements controlled and maintain your balance during the exercise.