

Perform every other day



1. Perform 10 step ups per leg. Grab a small box about 12 - 14 inches tall and stand to the side of it. Step up on the box with your outside leg and cross it over the inside leg to stand onto the box. Push through your heels to stand onto the box and raise the inside leg to the side of you. Lower your self slowly performing all on one leg, then the other.



2. Perform 15 leg raises per side. Start in a side plank as shown, and raise and lower the top leg without moving your trunk. Keep your knee extended and toes pointed out. Rest 45 seconds between performing movements on each side.



3. Perform 20 bridges per leg. Push through your heel and squeeze the glutes to lift the hips and other leg. Keep both knees together to keep your pelvis from rotating or dropping from one side. Move slowly and perform all on one side, then the other.



4. Perform 2 sets of 16 leg raises per leg. Suck your belly button in to hold your back still and lower one leg with bend knee as far as you can without back arching, popping in hips, or pain in the back. Perform all reps on one leg, then the other leg, rest 45 seconds then perform the 2nd sets.



5. Perform 2 sets of 10 twists to each side. Suck belly button in and roll side to side slowly keeping knees together and stopping before feeling pain or excess stretch in the back. Don't touch your knees to the ground, and try to keep the backs of both shoulders on the ground during the movements.



6. Perform this stretch on both legs holding for 30 seconds at a time. You should feel the stretch in the butt, not the low back.



7. Perform 2 sets of 10 knee tucks to each side. Start in plank position with feet on ball and crunch up rounding your back up to the sky and tucking knees to one side of the body, slowly extend legs to starting position, then crunch up to the other side. stop and rest if back gets sore or cramping.



8 Perform 2 sets of 20 repetitions using 5lb d.b. Lower yourself as far as you can on a roman chair and tuck your arms into your chest with the d.b., then extend up and perform a reverse fly with extended arms. Move slow and rest 45 seconds between sets.



9. Perform 20 on each leg. Using the band around the foot flex the hip as shown and return to starting position never touching the foot to the ground during the entire 20 reps. Perform on the other leg and move slowly never touching the ground with the foot attached to the band.



10. Perform 20 on each leg. flex the leg forward while keeping the knee fully extended on the leg attached to the band. Move slowly and don't touch the leg to the floor attached to the band. Perform on both legs. Don't round your back, but stay arched or extended in the back when flexing the hip.



11. Perform 20 repetitions per leg. Stand with one leg attached to the band in front of the stabilizing leg. Raise to the side and move slowly without touching the foot to the ground attached to the band. Perform all on one leg, then the other.