

1. Bilateral Hip IR (Band)

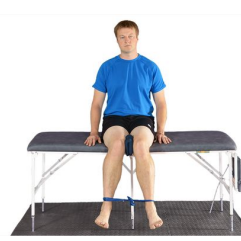
Sets: 2-3 sets | Reps: 12

Preparation:

- Sit tall
- Squeeze a roll between knees
- Loop a band around ankles

Execution:

- Swing both ankles away from each other



Start position



Swing both ankles away from each other

2. Bridge | Single Leg

Sets: 2 | Reps: 10 each leg | Hold: 3 sec.

Preparation:

- Lie flat on your back with your arms laying flat next to you
- Bend one knee with your foot flat
- Keep the other leg straight off of the ground

Execution:

- Lift your hips up to make a bridge using one leg only
- Lower down in a controlled manner



Start Position



Keep other leg straight off of the ground



Lift hips using one leg only

3. Side Stepping (Band)

Sets: 3 | Reps: 10 each direction

Preparation:

- Stand with feet shoulder width apart, band at knees

Execution:

- STANDING STRAIGHT UP
- Step to one side, leading with your heel
- Bring trailing leg back into good squat position with control



Step to side, leading with heel



Bring trailing leg back into good squat position with control

4. Split Squat | Rear Foot Elevated

Sets: 2 | Reps: 10 each leg

Preparation:

- Position yourself in a stride stance, back foot elevated on a stool, bench or chair

Execution:

- Lower back knee towards ground
- Keep upper body straight, knees in line with toes
- Rise back up with control
- Sit straight down, do not let front knee go forward farther than your toes.
- As a progression, increase the height of the stool to a bench or chair



Start position, back foot up on bench, back straight



Lower back knee



Continue to lower to the ground as you are able



Rise back up keeping knees in line with toes



Repeat