

Weeks 1-2

STEP 1



STEP 2



Seated Hamstring Stretch

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

Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch

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

Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

STEP 1



STEP 2



Seated Piriformis Stretch

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

Setup

Begin sitting upright in a chair. Cross one leg over the other so that your ankle is resting on top of your opposite thigh.

Movement

Gently pull your bent knee across your body toward your opposite shoulder. You should feel a stretch through the back of your hip and buttocks.

Tip

Try to not to arch your back or lean to one side as you stretch.

STEP 1



STEP 2



STEP 3



Seated Gluteal Stretch

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

Setup

Begin sitting upright with your legs straight forward.

Movement

Bring one knee toward your chest, placing your foot on the outside of your opposite leg. Hug your knee with your opposite arm as you slowly rotate your torso until you feel a gentle stretch in your hip. Hold this position.

Tip

Make sure to keep your hips seated on the ground and your back straight during the stretch.

STEP 1



STEP 2



Supine Pelvic Tilt

REPS: 10 | SETS: 3 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setup

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

Movement

Slowly tilt your pelvis forward, then tilt it back to neutral, and tilt it backward. Repeat these movements.

Tip

Make sure to concentrate your movements only on your pelvis.

STEP 1



STEP 2



Supine Hip External Rotation

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

Setup

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

Movement

Slowly let your bent knee fall outward as far as you can while keeping your back flat against the ground, then bring it back to the starting position and repeat.

Tip

Make sure to keep your foot in the same spot on the ground as you move your knee.

STEP 1



STEP 2



Supine March

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

Setup

Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground.

Movement

Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

Tip

Make sure to keep your trunk stiff during the exercise and do not let your low back arch.

STEP 1



Supine Hip Adduction Isometric with Ball

REPS: 10 | SETS: 2 | HOLD: 5 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your legs bent, feet resting on the floor, and a soft ball positioned between your knees.

Movement

Squeeze your knees together into the ball, then release and repeat.

Tip

Make sure to keep your back flat against the floor during the exercise.

Weeks 3-4

STEP 1



STEP 2



Clamshell

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

Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward 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



STEP 3



Supine Bridge with Mini Swiss Ball Between Knees

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

Setup

Begin lying on your back with your legs bent, feet resting on the floor, and a ball between your knees.

Movement

Engage your abdominals as you gently squeeze the ball between your knees and lift your hips off the ground into a bridge position. Hold briefly, then lower back down to the ground and repeat.

Tip

Make sure to keep your core engaged and your movements slow and controlled. Do not let your hips rotate to either side during the exercise.

STEP 1



STEP 2



STEP 3



Supine Double Leg Lift and Lower

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

Setup

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

Movement

Engage your abdominals and slowly lift your legs to a 90-degree angle, then continue to straighten them towards the ceiling. Keeping your legs straight, lower them towards the floor until your back begins to arch, then lift them back up towards the ceiling and repeat.

Tip

Make sure to keep your core engaged. Do not arch your back or hold your breath during the exercise.

STEP 1



STEP 2



Prone Hip Extension

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

Setup

Begin by lying on your stomach with both legs stretched straight behind you.

Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

Tip

Make sure to keep your knee straight and trunk steady during the exercise.

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



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



Supine Hip Flexion

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

Setup

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

Movement

Bend your straight leg, bringing your knee toward your chest. Then slowly return to the starting position and repeat.

Tip

Make sure to keep your back flat against the bed during the exercise.

STEP 1



STEP 2



STEP 3



Superman

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

Setup

Begin lying on your tummy with your arms reaching overhead and legs straight.

Movement

Imagine you are flying through the air as you lift your arms, head, chest, and legs off the ground. Hold this position for as long as possible.

Tip

Be sure to keep your back and tummy muscles strong to help you hold this position.

STEP 1



STEP 2



Runner's Step Up/Down

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

Setup

Begin in a standing position with one foot resting on a platform or step in front of your body.

Movement

Slowly step up, raising your knee to a 90 degree angle and moving your opposite arm at the same time. Then lower your foot to the ground and repeat.

Tip

Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

Weeks 5-6

STEP 1



STEP 2



STEP 3



Forward Lunge with Rotation

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

Setup

Begin in a standing upright position with your feet shoulder width apart and hands resting on your waist.

Movement

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

Tip

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

STEP 1



STEP 2



Standard Plank

REPS: 3 | SETS: 1 | HOLD: 20 | 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.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Forward Monster Walks

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

Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slightly bend your knees into a mini squat position. Step diagonally forward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

Make sure to keep your chest upright and do not bend your knees forward past your toes.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Backward Monster Walks

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

Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slightly bend your knees into a mini squat position. Step diagonally backward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

Make sure to keep your chest upright and do not bend your knees forward past your toes.

STEP 1



STEP 2



Lateral Monster Walk with Resistance (BKA)

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

Setup

Begin in a standing upright position with a resistance band looped around your legs, making sure the band is around the end of your socket.

Movement

Slowly step sideways with one foot and follow with your other foot.

Tip

Make sure to keep your feet pointing straight forward and maintain tension in the band during the exercise. Do not let your feet come together.

STEP 1



STEP 2



Quadruped Pelvic Floor Contraction with Hip Adduction and Towel Roll

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

Setup

Begin on all fours.

Movement

Exhale, and contract your pelvic floor muscles while squeezing the towel roll between your knees. Relax, inhale, and repeat.

Tip

Make sure to keep your back straight and do not tighten your buttock muscles during the exercise.

Weeks 7-8

STEP 1



STEP 2



STEP 3



Curtsy Squat

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

Setup

Begin standing with your feet hip width apart.

Movement

Reach one leg back and to the side at a 45 degree angle, keeping the weight on the base of your toes. Then, lower yourself down slowly. Drive through the front leg and return to the upright standing position.

Tip

Keep your movements slow and controlled and your front knee in line with the 2nd toe as you come down.

STEP 1



STEP 2



Side Stepping with Resistance at Thighs

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

Setup

Begin standing upright with a resistance band looped around your thighs, just above your knees. 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



Side Plank on Elbow

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

Setup

Begin lying on your side with your feet stacked, resting on your elbow.

Movement

Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

Tip

Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not roll forward or backward during the exercise.

STEP 1



STEP 2



Bridge with Straight Leg Raise

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

Setup

Begin lying on your back with both legs bent and your feet resting on the ground.

Movement

Tighten your abdominals and lift your hips off the ground into a bridge position. Straighten one leg with your thigh in line with your other leg, then lift your straight leg up several inches. Your body should be in a straight line.

Tip

Make sure your movements are slow and controlled. Do not let your hips drop as you lift your leg.

STEP 1



STEP 2



Single Leg Squat with Chair Touch

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

Setup

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

Movement

Lift one leg off of the ground and lower yourself into a squatting position, bending at your hips and knees until you lightly touch the chair. Return to a standing position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee bend forward past your toes.

STEP 1



STEP 2



Sidelying Long Adductor Forearm Plank

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

Setup

Begin propped on your elbow on your side with your top leg straight and foot resting on a block or step and bottom leg bent in front of you.

Movement

Engage your core and groin muscles, use your elbow that is tucked underneath you as a support as you gently press your foot into the block to lift your hips and bottom leg off the ground into a side plank position. Hold briefly, then relax and repeat.

Tip

Make sure to keep your core engaged and breathe normally during the exercise, remember to not hold your breath.

STEP 1



STEP 2



Standing Hip Adduction with Anchored Resistance

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

Setup

Begin in a standing upright position balancing on one leg, with a resistance band anchored in a door jam to your side and secured around your ankle that is closest to the anchor point.

Movement

Slowly draw your leg inward, creating further tension in the band, then carefully bring your leg back to the starting position.

Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Mountain Climbers Fast

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

Setup

Begin on all fours. Raise yourself into a push up position.

Movement

Quickly alternate bringing your knees to your chest.

Tip

Make sure to keep your abdominals tight, back straight, and shoulders over your hands.