

STEP 1



STEP 2



### Sidelying Hip Abduction

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

**Setup**

- Begin by lying on your side.

**Movement**

- Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

**Tip**

- Make sure to keep your knee straight and do not let your hips roll backward or forward during the exercise.

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### Supine Single Leg Lift

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

**Setup**

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

**Movement**

- Raise one leg off the floor with your knee bent, then straighten your leg, and repeat.

**Tip**

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

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### Sidelying Hip Abduction

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

**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.

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### Sidelying Hip Adduction with Ankle Weight - Leg In Front

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

**Setup**

- Begin lying on your side with a weight secured around the ankle of your bottom leg, and your top leg bent, foot resting on the floor in front of your other leg.

**Movement**

- Lift your leg with the weight upward, keeping your knee straight, then repeat.

**Tip**

- Make sure to keep your upper body stable. So not let your hips rotate forward or backward during the exercise.

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### Squat

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

**Setup**

- Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

**Movement**

- Squat, bending at your knees and hips, until your knees are close to a 90 degree angle, then straighten your legs and repeat.

**Tip**

- Make sure to keep your back straight and do not let your knees bend forward past your toes.

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### Quadruped Alternating Leg Extensions

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

**Setup**

- Begin on all fours with your arms directly under your shoulders and your knees resting on a cushion.

**Movement**

- Extend your leg straight backward back so it's parallel with the ground and your toes are pointing toward the floor. Hold briefly then return to the starting position.

**Tip**

- Do not let your trunk twist while moving your leg. Make sure to keep your back straight and chin tucked during the exercise.

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### Single-Leg Quarter Squat

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

**Setup**

- Begin in a standing upright position. Lift one foot off the ground.

**Movement**

- Bend slightly at your knee and hip into a mini squat position, then straighten your leg and repeat.

**Tip**

- Make sure to keep your back straight during the exercise and maintain your balance. Your knee should not move forward past your toes.

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### Mini Squat

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

**Setup**

- Begin in a standing upright position, with your feet hip width apart.

**Movement**

- Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

**Tip**

- Make sure to keep your back straight and do not let your knees bend forward past your toes. Try to keep your weight in your heels.

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### Single Leg Cone Pick-Up

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

**Setup**

- Begin in a standing upright position with a cone or other object on the floor in front of you.

**Movement**

- Bend forward at your hips, letting one leg extend straight backward, reaching down with your arm to pick up the cone, then return to the starting position. Put it back on the floor in the same way and repeat.

**Tip**

- Make sure to keep your back straight during the exercise, maintain your balance, and only bend at your hips.

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### Forward Single Leg Jumps

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

**Setup**

- Begin in a standing upright position, balancing on one foot, with a line in a straight path in front of you.

**Movement**

- Jump forward along the line with the same foot. When you reach the end of the line, return to the starting position, and repeat.

**Tip**

- Make sure not to let your knee collapse inward as you land from each jump, and keep your foot facing forward.

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## Single Leg Cross Jumps

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

### Setup

- Begin in a standing upright position, balancing on one foot, with a crossed line on the ground beside you.

### Movement

- Jump into each section on the same foot in a criss-cross pattern.

### Tip

- Make sure not to let your knee collapse inward as you land from each jump, and keep your foot facing forward.

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## Supine Active Straight Leg Raise

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

### Setup

- Begin by lying on your back with one knee bent and your other leg laying flat.

### Movement

- Slowly lift your straight leg until it is parallel with the other thigh then lower it back to the starting position.

### Tip

- Do not let your back arch during the exercise.

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## Supine Hip Adduction Isometric with Ball

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

### 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.