

**WEIGHTED STEP UPS- Hold kettlebells/dumbbells or wear backpack.**

Start by standing in front of a step/step stool with both feet on the floor.

Step forward and up the step with your target leg and use that leg to lift your body weight up onto the step with the other leg.

Once both feet are on the step, step back down backward with the other leg first so that your target leg does the work to lower your body back down to the ground. Then return the target leg to the floor next to your other leg.

You may need something to hold on to for balance support.

Repeat this on the same side.

Video # VVU42XW9K

Repeat 15 Times
Complete 5 Sets
Perform 2 Times a Week

**Single-leg Knee Extension**

Pick a weight that is difficult for 10-15 reps.

Do each leg individually.

Repeat 15 Times
Complete 3 Sets
Perform 2 Times a Week



SL RDL (Single Leg Romanian Deadlift)

- 1) Begin in tall standing position with a slight bend in both knees.
- 2) Engage your core by lightly bringing belly button closer to the spine to maintain neutral lumbar spine.
- 3) Next shift body weight to be standing on one leg only.
- 4) Begin to hinge at the hips while you maintain a neutral spine. The first movement should be backwards as if someone were pulling your weight/hips backwards.
- 5) Once you feel stretch in the hamstrings, begin to drive through your heels to bring your hips forward and shoulders back to starting position.
- 6) If you are using weight, keep the weight close to your body and in the opposite hand of your stance leg. Your shins should stay vertical and the knees should maintain the same amount of bend.
- 7) Complete for assigned repetitions
- 8) It is important to not allow the lumbar spine to hyperextend or flex, it should maintain neutral position!

Repeat 8 Times
Complete 2 Sets
Perform 2 Times a Week



Suitcase Carry

Start standing with a kettlebell/dumbbell/etc in one hand. Stand nice and tall and try not to lean to either side. Walk a lap approximately 10 yards/30 feet, down and back.

Repeat 3 Times
Perform 2 Times a Week



Kickers - hip extension

Place exercise band around the unaffected ankle with opposite end anchored close to the floor. Face towards where band is anchored with hands on hips and take a step back away to create tension on exercise band. Kick backward with leg straight and return to starting position. Perform at rapid pace for stability and slower pace for strengthening.

Repeat 15 Times
Complete 2 Sets
Perform 2 Times a Week



Kickers - hip adduction

Place exercise band around the unaffected ankle with opposite end anchored close to the floor. Stand sideways with unaffected leg closest to the anchor point. Place hands on hips and take a step away to create tension on exercise band. With leg straight, pull it in front of your body and then return to starting position. Perform at rapid pace for stability and slower pace for strengthening.

Repeat 15 Times
Complete 2 Sets
Perform 2 Times a Week



Kickers - hip flexion

Place exercise band around the unaffected ankle with opposite end anchored close to the floor. Face away from where band is anchored with hands on hips and take a step away to create tension on exercise band. Kick forward with leg straight and return to starting position. Perform at rapid pace for stability and slower pace for strengthening.

Repeat 15 Times
Complete 2 Sets
Perform 2 Times a Week



Kickers - hip abduction

Place exercise band around the unaffected ankle with opposite end anchored close to the floor. Stand sideways with unaffected leg furthest to the anchor point. Place hands on hips and take a step away to create tension on exercise band. With leg straight, kick leg away from body and then return to starting position. Perform at rapid pace for stability and slower pace for strengthening.

Repeat 15 Times
Complete 2 Sets
Perform 2 Times a Week



BOSU - PLANK

While lying face down, lift your body up on your elbows while your toes are on the Bosu. Try and maintain a straight spine.

Hold position for 30-60 seconds.

Video # VVDHXKNHS

Repeat 3 Times
Perform 2 Times a Week



SIDE PLANK

Raise your body from the mat while resting on your elbow and side of your foot. Keep your body as close to straight as possible. Hold this position for 30-60 seconds. Do NOT hold your breath.

Repeat 3 Times
Perform 2 Times a Week



TRX SUSPENSION - ROWS

Hold the TRX handles while facing the anchor. Stand with your elbows bent, then lean back and allow your elbows to straighten. Next, pull your self up with your arms by bending your elbows and pulling them back as you squeeze your shoulder blades together.

Video # VV3QT5WE2

Repeat 20 Times
Complete 3 Sets
Perform 2 Times a Week



PUSH UP

Lying face down, use your arms and push yourself up as shown.

Keep your toes in contact with the floor and maintain a straight back the entire time.

Video # VVS5U2ZSE

Complete 3 Sets
Perform 2 Times a Week

