



Cat/Camel

Hands under shoulders, knees under hips. Lift head and chest and let stomach sink. Then round the back and bring head and hips together. Avoid bending elbows and moving body forward and back.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



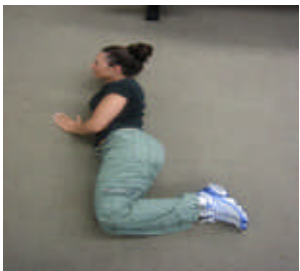
Yoga Twist

Lay on back with arms straight out to the side, legs straight, one ankle over the other. Twist at the hips gently moving side to side. Do not force range of motion

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Side Twist

Start on side with head propped up by the hand Torso and upper legs in a straight line, knees bent at 90 degree angle, opposite hand on floor in front of torso. Initiate the movement from the hips "flipping" the feet over through a comfortable ROM.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Bent Knee Twist

Start on back, knees bent, feet flat on floor. with feet and knees together, allow the knees to fall gently side to side. Dont force range of motion. Keep the shoulders down.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Quadrupedal arm-leg raise

start on all fours, knees under hips, hands under shoulders. Brace the stomach, squeeze the glutes. press the heel straight back to straighten the leg while keeping the torso level and spine neutral. Balance a book on your back to insure proper form.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Side Lying Trunk Twist

Start on side, arms outreached, hips and knees flexed to a 90 degree angle. Reach back and across the body with the top arm until you get a stretch in the middle and lower portion of the back. "down" knee should not come off the ground

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Calf Stretch

Start in "pike" position, hips high. Place left foot behind right ankle with legs straight out. Press heel of right foot down to stretch.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Fire Hydrants

From all-four position, abduct the thigh on one side as high as possible. At the end range, extend the leg back completely, and then return to starting position.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Notes:

Supine Bridge

Start on back, arms at side, knees bent, feet flat on the floor. Squeeze butt throughout the movement going up as high as the glutes take you. lower under control to a point just above ground, then repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Single leg supine bridge

Start on back, arms at sides, knees bent, feet flat on floor. squeeze butt on plant side and pull opposite leg toward chest. go only as high as your glutes will let you. lower yourself under control to a point just above ground and repeat

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



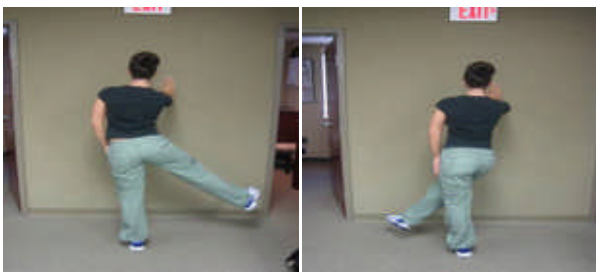
Notes:

Anterior-Posterior Leg Swings

Holding onto an immovable object, rhythmically swing thigh forward and backward, go further as you loosen up. Maintain good posture, chest out, shoulders back, and eyes looking straight ahead. Keep the movement around the hips.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



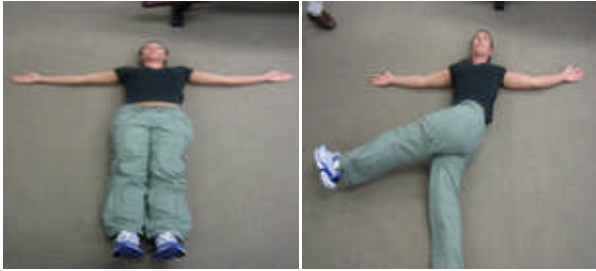
Notes:

Side-to-Side Leg Swings

Holding on to an immovable object, rhythmically swing the leg from side to side , go further as you loosen up. Maintain good posture; chest out, shoulders back, and eyes looking straight ahead. Keep the movement around the hips

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



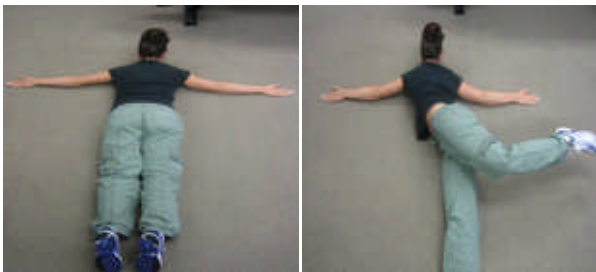
Supine Scorpion

Start on your back, arms outreached to sides, legs straight. Keeping the legs straight, take one leg up and across the body and touch toes on the opposite side. Keep the shoulders down.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



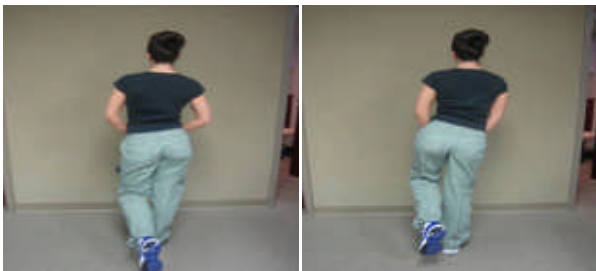
Prone Scorpion

Start on your stomach, arms outreached to sides, legs straight. Squeeze glutes and swing one leg back and over opposite leg/torso until toe touches ground. Keep shoulders down.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



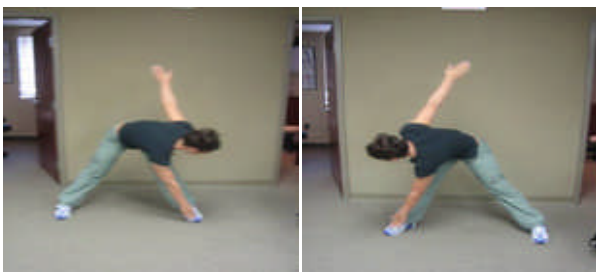
Glute Med Hip Hikes

Standing on one leg, let hip on balancing side "poke out". Hold for 2 seconds, then "correct" back to the starting position. Keep your torso level and don't let the body rotate.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Windmills

Set up with a wide stance, upright torso. Rotate and flex at the hips reaching your right arm to left foot. Rhythmically transition, with rotation to ight side with left arm. Keep neutral spine, focus on hip flexion rather than lumbar flexion.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



High Knee Walks

Step forward and raise one knee. Actively pull knee up and in with both hands and come up on toes of opposite foot. Maintain good posture, avoid forward lean.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Pull-Back Butt Kicks

Take a step forward and curl one leg toward your glutes. Using the same hand actively pull heel into your glutes and come up on toes of opposite foot. Maintain good posture and don't allow leg to move too far to the side.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Glute Med Band Side Step

Wrap a thera-band around legs above/at the ankles. Keeping your toes pointed inward and aslight bend in the knees, step to the side.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Cradle Walk

Pull forward and pull instep upward. Maintain good posture and actively pull the foot up rather than just grasping it.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Serratus Push-Up Plus

Start in a push up position (or on knees), allow shoulder blades to come together. Drop about 2 inches toward the floor. Protract shoulder blades to return to starting position

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Overhead Broomstick Dislocations

Hold a broomstick or towel in front of hips with a wide overhand grip. Smoothly arc the bar overhead while keeping arms straight, stretching chest, shoulder and hips. Continue in this path until the bar meets the back of the hips

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Toy Soldier

Reach out in front of you and actively "kick" one foot up at a time toward your hands. Attempt to get your swing leg up to touch your opposite hand. Maintain good posture.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Single Leg Hip Hinge

Step forward with weight on heel. With a slight knee bend and good posture, push butt back and lower torso to perform a toe touch as opposite leg swings back. Maintain good posture, keep eyes up.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Reverse Warrior Lunge w/twist

Take a long stride backward into a lunge with knee just above the ground. Reach across front leg. Drive front heel to return to starting position. Make sure it is an exaggerated step backward and the back knee gets down sufficiently.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Walking Spiderman

Take a long stride forward into a deep lunge position and lower same side elbow to heel on forward leg. from lunge position drive back to the upright position and then repeat with opposite arm/leg. keep chest up and lower back flat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Alternating Lateral Lunge

Step directly to side, land on heel and sink into a lateral (side) lunge. Kep chest up, weight on heel, and trailing leg straight. Toes of both feet should point forward with feet flat on floor. Maintain good posture.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



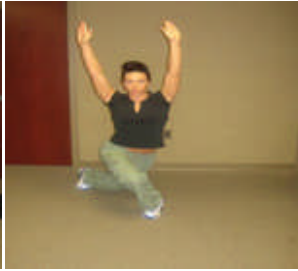
Squat to Stand

With a wider than shoulder width stance, bend over and grab the bottom of your toes/shoes. Actively "pull" yourself into a deep squat position with chest up, knees out, lower back slightly arched. Hold at bottom briefly and return to toe touch position and ultimately upright position.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Crossover Overhead Rev. Lunge

Start with feet shoulder-width apart and arms at sides. Reach overhead as you stride backward and behind you with one leg; shin on the other leg should be completely vertical. Drive off front leg to "pull" yourself back to starting position with glutes of support leg. Transition immediately to opposite side.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Running Butt Kicks

Kick heel to butt by firing hamstrings. Make sure that the heel comes up on the standing leg.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



High Knee Skips

Skip with exaggerated arms swinging; get knees high. Come up on toes with standing leg.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Deep Wideout Drop

From a shoulder width stance, quickly but smoothly drop into a wider stance deep squat (feet should momentarily leave the ground). At landing, sit into a deep squat with arms reaching out in front of you. Use glutes and hamstrings to help quads cushion the drop, then "pop" up to a starting stance. Chest up, lower back flat..make it rhythmic

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Supine Leg Whips

Lay on your back and push your hips up by activating your glutes. With hips up, raise one leg straight up. Lower the leg directly to the side, then "whip" it back up to starting position.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Warrior Lunge Hip Flexor Stretch

Assume a lunge position and reach overhead. Torso is upright and with no hyperextension at the lumbar spine. Stretch is felt on the front of the trailing legs hip. Stretch can be increased by rotating toward the front leg.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



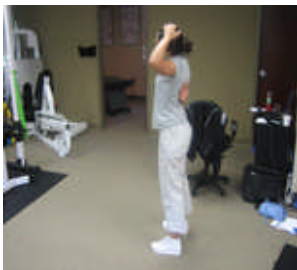
Prone ITB/TFL Stretch

Begin in a push up position. Bend one knee and bring instep underneath toward the opposite hip. Hips remain level, knee is at the ilne of the body. Lower by using bodyweight to increase the stretch. Keep back flat. Do not do with knee patients.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Levator Scap/Upper Trap Stretch

Bring your right hand behind your back. Use the left hand to gnetly pull the head to the left. Next, gently pull the head into the left armpit with the left arm. Always keep shoulder blade pulled down.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes: