

STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. Repeat on the other leg.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



To advance this exercise, consider adding ankle weights.

RESISTANCE BAND BRIDGES

While lying on your back, place an elastic band around your knees and pull your knees apart. Hold this and then tighten your lower abdominals, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Repeat 20 Times
Hold 3 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



To advance this exercise, consider adding weight to the pelvis. Or progress to single leg bridges, marching bridges.

ELASTIC BAND - SIDELYING CLAM SHELL - CLAMSHELL

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

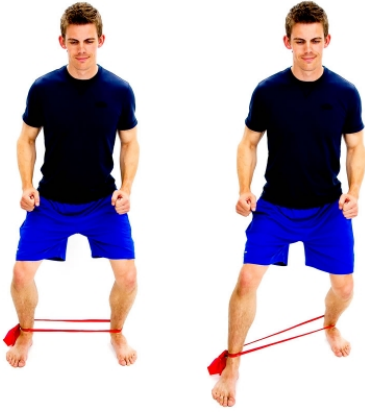
Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



Do not let your pelvis roll back during the lifting movement.

To advance this exercise, progress to a side plank supported by your lower knee while performing clam shells.





ELASTIC BAND FORWARD WALKS - MONSTER WALK

With an elastic band around both ankles, walk forward while keeping your feet spread apart. Keep your knees bent the entire time. 10 steps per set.

To advance this exercise, add a second band just above the knees.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



CHAIR SQUAT

Place a chair behind you for safety. (Table for front support only if needed.)

While standing with feet shoulder width apart, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

To advance this exercise, you can add a band just above the knees, and consider adding weight.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



LEG PRESS- DOUBLE AND/OR SINGLE LEG

Set seat position so that your back is flat and hips and knees are bent about 90 degrees, knees are lined up over feet, set the weight of machine.

Push forward until knees are straight but not locked, slowly return to the start position.

Machines can vary, on some the plate will move away, on others the seat will move away from the plate

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week