

STEP 1



STEP 2



Prone Double Leg Lift

REPS: 10 | SETS: 2 | WEEKLY: 2x |

Setup

- Begin lying on your front with your legs straight.

Movement

- Bracing your abdominal muscles, lift both legs together off the floor, then lower them back down and repeat.

Tip

- Make sure not to arch your back as you lift your legs, and keep the movement slow and controlled.

STEP 1



STEP 2



Kneeling Plank with Feet on Ground

REPS: 5 | SETS: 3 | HOLD: 5 | WEEKLY: 2x |

Setup

- Begin lying on your front with your elbows on the ground.

Movement

- Press yourself up into a plank position, keeping your knees on the ground. Return to the starting position and repeat.

Tip

- Make sure to keep your back straight in the plank and look straight down between your hands during the exercise.

STEP 1



STEP 2



Side Plank on Knees

REPS: 5 | SETS: 2 | HOLD: 5 | WEEKLY: 2x |

Setup

- Begin lying on your side with your knees bent.

Movement

- Raise yourself into a side plank position with your elbow supporting upper body and knees bent. Maintain this position.

Tip

- Make sure to keep your trunk stiff. Do not let your hips roll forward, backward, or drop towards the floor.

STEP 1



STEP 2



Quadriceps Mobilization with Foam Roll

SETS: 2 | HOLD: 60 sec | WEEKLY: 2x |

Setup

- Begin by lying on your stomach with a foam roller under your upper thigh. Your elbows should be supporting your body, and your other leg can be resting on the ground.

Movement

- Now very slowly roll your leg back and forth over the foam roller.

Tip

- Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Walking Lunge

REPS: 10 | SETS: 3 | WEEKLY: 1x |

Setup

- Begin in a standing upright position.

Movement

- Take a long step forward into a lunge position with your knees bent at 90 degree angles. Then raise yourself up and lunge forward on your other leg without letting your foot touch the ground in between.

Tip

- Make sure not to let either knee collapse inward or let your knees move forward past your toes. Keep your trunk steady during the exercise.

STEP 1

STEP 2



Hamstring Mobilization on Foam Roll

SETS: 2 | HOLD: 60 | WEEKLY: 2x |

Setup

- Begin sitting on the floor with your legs straight and a wrapped foam roll horizontally under both of your thighs.

Movement

- Roll your thighs back and forth over the foam roll, using your arms for support.

Tip

- You can adjust the pressure by changing how much of your body weight is resting on the roll.

STEP 1

STEP 2



Gluteus Mobilization with Foam Roll

SETS: 2 | HOLD: 60 | WEEKLY: 2x |

Setup

- Begin sitting on a foam roller.

Movement

- Lean back and slightly toward one side, using your arms for stabilization, then roll yourself back and forth over the foam roller.

Tip

- Make sure to keep your movements slow and controlled.

STEP 1

STEP 2



Sidelying IT Band Foam Roll Mobilization

SETS: 2 | SEC: 60 | WEEKLY: 2x |

Setup

- Begin lying on your side with your hip resting on a foam roll, your upper leg crossed in front of the other, and that foot resting on the ground.

Movement

- Slowly roll the side of your leg up and down the foam roll. Don't roll past your knee.

Tip

- Make sure to keep your back straight throughout the exercise.