
Dynamic Warm Up: Squats

REPS: 10

SETS: 1



Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

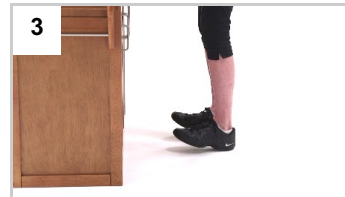
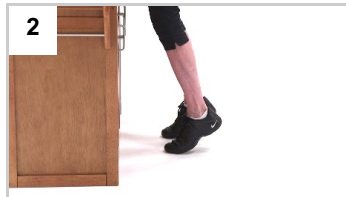
Tip

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

Dynamic Warm Up: Heel Toe Raises

REPS: 10

SETS: 1



Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

Movement

Rise up onto your toes, hold briefly, then lower back down and lift the balls of your feet off the ground. Repeat.

Tip

Make sure to maintain an upright posture and use the counter to balance as needed.

Leg Swing Single Leg Balance

REPS: 10

SETS: 1



Setup

Begin in a standing upright position. Lift your arms directly to your sides.

Movement

Raise one leg off the ground and begin swinging it forward and backward.

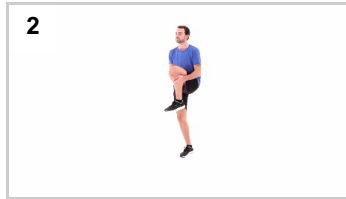
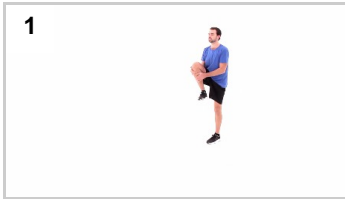
Tip

Make sure to maintain your balance and keep your back straight as you swing your leg.

Single Knee to Chest

REPS: 10

SETS: 1



Setup

Begin standing in a long, open, and flat area.

Movement

Lift one knee up to your chest and hug it with your arms. Hold briefly, then repeat on the other side.

Tip

Make sure to maintain your balance during the exercise.

Walking Butt Kicks

REPS: 10

SETS: 1



Setup

Begin standing in a long, open, and flat area.

Movement

Slowly walk and as you bend your knees, kick your heel toward your buttocks.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

Standing Single Leg Hip ER

REPS: 10

SETS: 1



Setup

Begin in a standing upright position, holding onto a chair at your side for support.

Movement

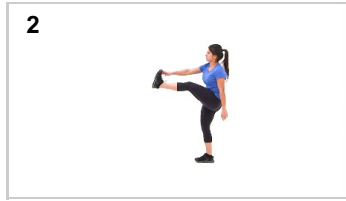
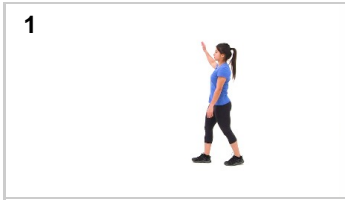
Raise one leg in front of your body to a 90 degree angle. Slowly lift your heel inward, then return to the starting position and repeat.

Tip

Make sure to maintain your balance and keep your knee in one spot during the exercise.

Dynamic Warm Up: Straight Leg Kicks

REPS: 10	SETS: 1
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Setup

Begin in a standing upright position.

Movement

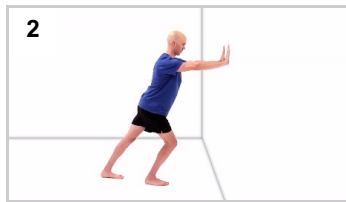
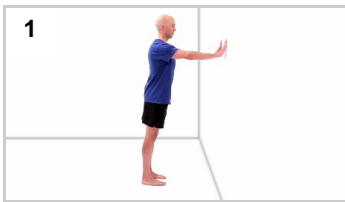
Step forward with one foot and slowly kick your other leg straight forward, reaching your opposite arm towards your toes. Repeat on the opposite side.

Tip

Make sure to keep your leg straight as you kick it forward and maintain your balance during the exercise.

Gastroc Stretch on Wall

REPS: 2	HOLD: 30
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Setup

Setup Directions

Movement

Begin in a standing upright position in front of a wall.

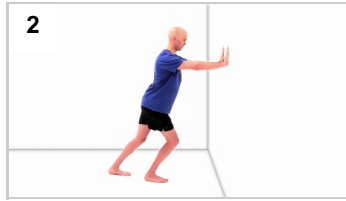
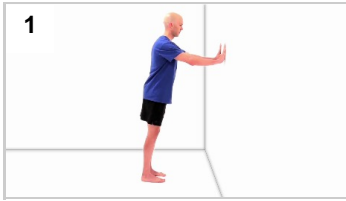
Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Soleus Stretch on Wall

REPS: 2

HOLD: 30



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.