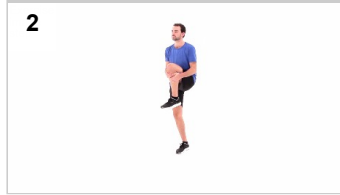
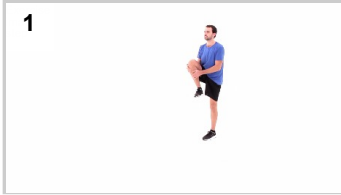

Single Knee to Chest

SETS: 1

REPS: 10



Setup

Begin standing in an open area.

Movement

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

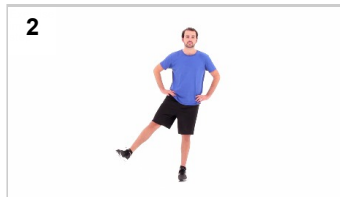
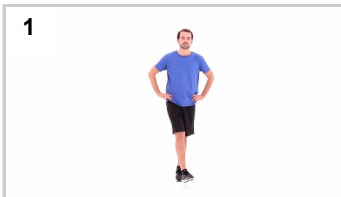
Tip

Make sure to maintain your balance during the exercise.

Leg Swings Side to Side

REPS: 10

SETS: 1



Setup

Begin in a standing upright position.

Movement

Swing one leg across your body in front of you and out to the side.

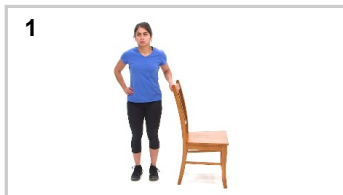
Tip

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

Hip Swing

REPS: 10

SETS: 1



Setup

Begin in a standing upright position, holding onto a chair or table for support.

Movement

Raise one leg off the ground and swing it forward and backward.

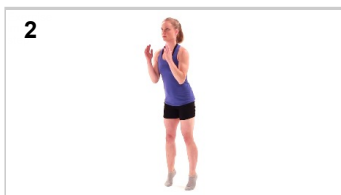
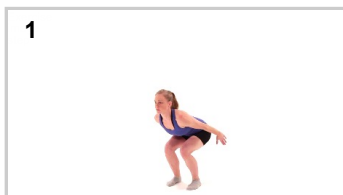
Tip

Make sure keep your core engaged and maintain your balance during the exercise.

Squat to Heel Raise

REPS: 10

SETS: 1



Setup

Begin in a standing upright position.

Movement

Squat down, bending your knees and hips, then stand up and raise your heels off the ground as if you were going to jump. Repeat.

Tip

Make sure to keep your back straight and do not let your knees move forward past your toes during the exercise.

Forward Lunge with Rotation

REPS: 10

SETS: 1



Setup

Begin in a standing upright position with your feet shoulder width apart and hands resting on your waist.

Movement

Step forward with one leg, lowering your body into a lunge position, and rotate your torso to the side, then carefully return to the starting position.

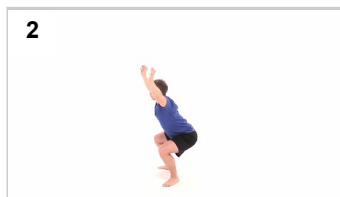
Tip

Make sure not to let your knees collapse inward during the exercise.

Overhead Y Squat

REPS: 10

SETS: 1



Setup

Begin in a standing upright position, with your arms raised overhead in a Y shape.

Movement

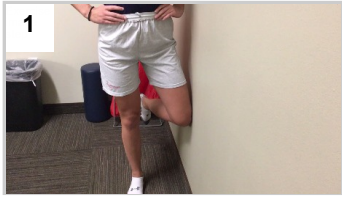
Squat, bending at your knees and hips, until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

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

Single Leg SL Squat on Wall

REPS: 10	SETS: 1
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Setup

Standing next to a wall, bring your knee up to parallel with your other knee and press it into the wall.

Movement

As you press your knee into the wall, hinge at your hips and perform a single leg squat. (initiate the movement with your hips moving back) Maintain the pressure of your knee into the wall as you squat.

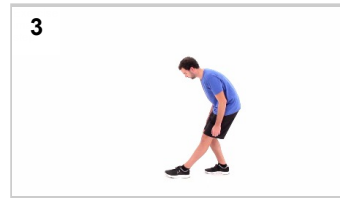
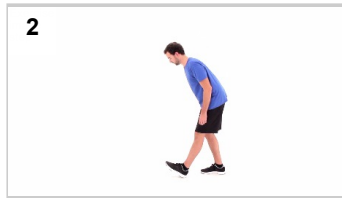
Tip

Keep your knee over your little toe as you squat.

Keep your hips square as you squat.

Walking Hamstring Stretch

REPS: 10	SETS: 1
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Setup

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

Movement

Extend one leg forward, propping your heel on the ground, and hinge at your hips until you feel a stretch in the back of your leg. Hold briefly, then press your foot flat to the ground and squat down on your back leg. Step forward and repeat with your other leg.

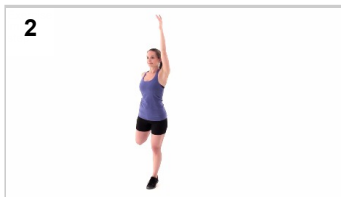
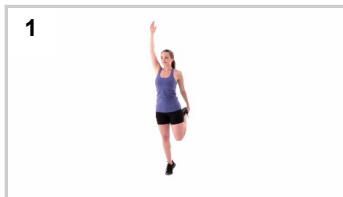
Tip

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

Walk with Ankle Grab and Heel Raise - Dynamic Warm Up

REPS: 10

SETS: 2



Setup

Begin standing upright in a long, flat, open space.

Movement

Grab one foot behind you pulling it toward your hip, then raise the heel of your stance leg as you lift your hand overhead. Then lower your heel, let go of your back foot, take a step forward, and repeat with your other leg.

Tip

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

Hip Flexor Stretch with Chair

REPS: 4

HOLD: 15"



Setup

Begin in a standing position with one leg resting on a table or chair and the leg to be stretched resting on the ground.

Movement

Keeping your back straight and upright, squeeze your bottom, and slowly shift your weight forward until you feel a stretch in the front of your hip.

Tip

Make sure to keep your hips and shoulders facing forward, and do not arch your low back.