
Hip Swing

REPS: 10

SETS: 2



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.

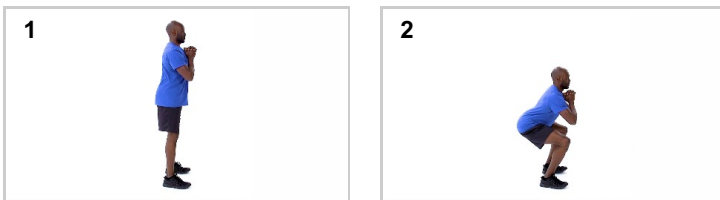
Tip

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

Dynamic Warm Up: Squats

REPS: 10

SETS: 1



Setup

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

Movement

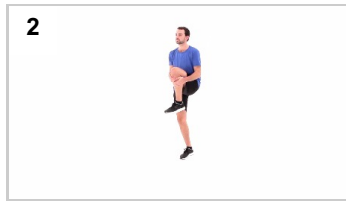
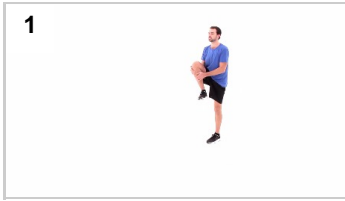
Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

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

Single Knee to Chest

REPS: 10	HOLD: 2"	SETS: 1
----------	----------	---------



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.

Forward Lunge with Rotation

REPS: 10	SETS: 1	DAILY: 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.

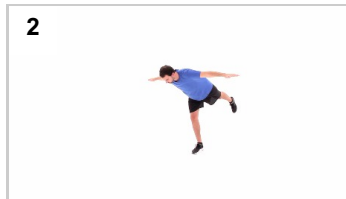
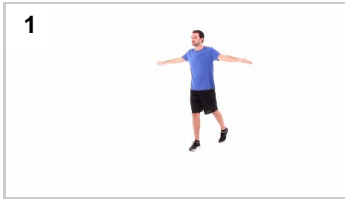
Tip

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

Walk with Forward T

REPS: 10

SETS: 1



Setup

Begin standing upright in a long, flat, open space with your arms out to your sides at shoulder height.

Movement

Balance on one leg as you tilt your body forward. Hold briefly, then return to standing upright, taking a step forward, and repeat on your other leg.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise. Do not arch your low back during the exercise.

Hip Flexor Stretch with Chair

REPS: 2

HOLD: 15 SECONDS



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.

Repeat on the other side.

Tip

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

Quadriceps Stretch with Chair

REPS: 2	HOLD: 15"
---------	-----------



Setup

Begin in a standing upright position holding onto a stable surface for support.

Movement

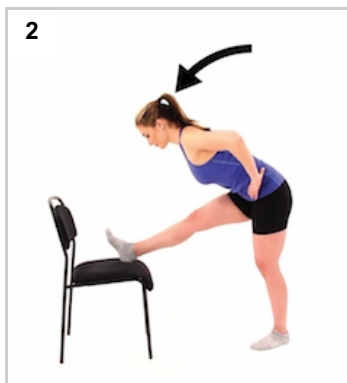
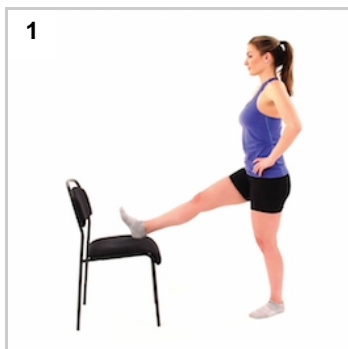
Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

Standing Hamstring Stretch on Chair

REPS: 2	HOLD: 15"
---------	-----------



Setup

Begin in a standing upright position with a chair or step in front of your body.

Movement

Lift one leg to rest your heel on the chair with a very slight bend in your knee. Bending at your hips, lean your trunk forward until you feel a stretch in the back of your upper leg and hold.

Tip

Make sure to keep your back straight during the stretch.

Step Back Shoulder Stretch with Chair

REPS: 2

HOLD: 15 SECONDS



Setup

Begin in a standing upright position in front of a chair with your hands resting on the backrest.

Movement

Slowly walk your feet backward, lowering your chest toward the floor, until you feel a stretch in your shoulders. Hold, then return to the starting position and repeat.

Tip

Make sure keep your movements slow and controlled and do not shrug your shoulders during the exercise.