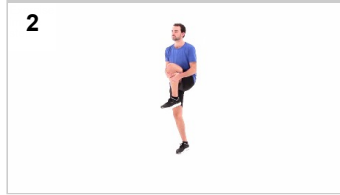
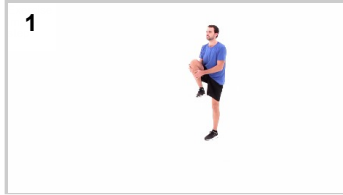

Single Knee to Chest

REPS: 10

HOLD: 2"



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.

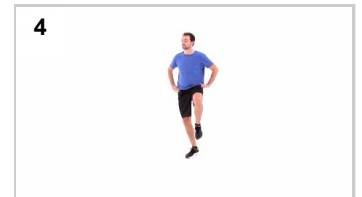
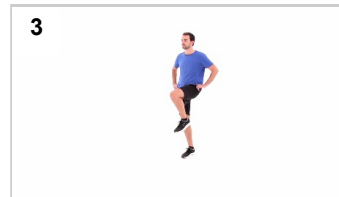
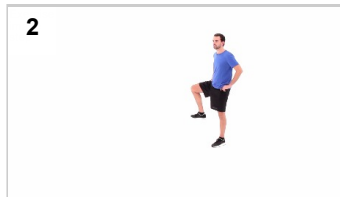
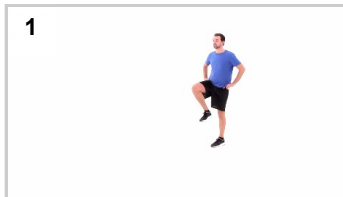
Tip

Make sure to maintain your balance during the exercise.

Frogger

REPS: 10

SETS: 1



Setup

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

Movement

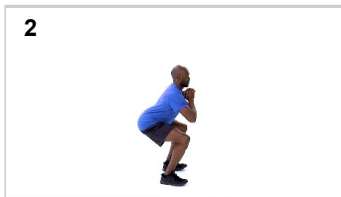
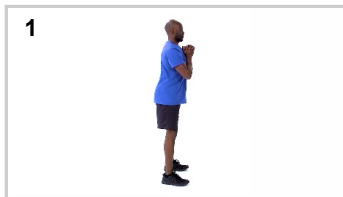
Lift your leg up with your knee bent, swing it out to the side, and lower it back down, taking a step forward. Repeat with your other leg.

Tip

Make sure to keep your movements controlled 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

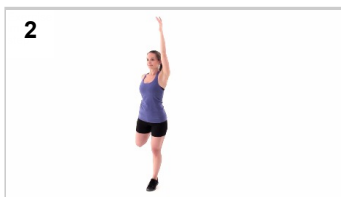
Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

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

Walk with Ankle Grab and Heel Raise - Dynamic Warm Up

| | |
|----------|---------|
| REPS: 10 | SETS: 1 |
|----------|---------|



Setup

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

Movement

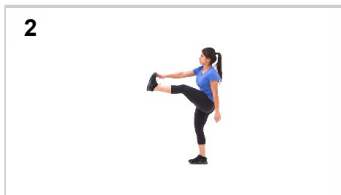
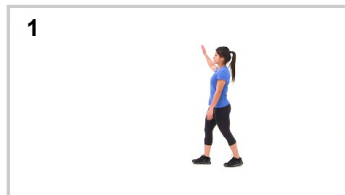
Grab one foot behind you pulling it toward your hip, then raise the heel of your stance leg as you lift your hand overhead. Then lower your heel, let go of your back foot, take a step forward, and repeat with your other leg.

Tip

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

Dynamic Warm Up: Straight Leg Kicks

| | |
|----------|---------|
| REPS: 10 | SETS: 1 |
|----------|---------|



Setup

Begin in a standing upright position.

Movement

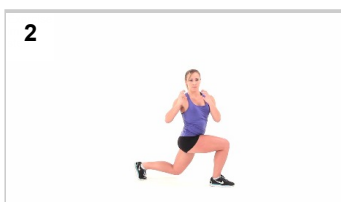
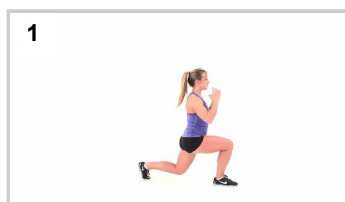
Step forward with one foot and slowly kick your other leg straight forward, reaching your opposite arm towards your toes. Repeat on the opposite side.

Tip

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

Reverse Lunge with Rotation

| | |
|----------|---------|
| REPS: 10 | SETS: 1 |
|----------|---------|



Setup

Begin in a standing upright position holding your hands in front of your chest.

Movement

Take a long step backward into a lunge position with your knees bent at 90 degree angles, then rotate your torso toward your forward leg. Rotate back, raise yourself into the starting position and repeat.

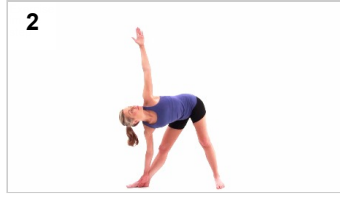
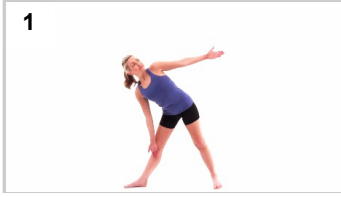
Tip

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.

Triangle Pose

REPS: 10

HOLD: 2"



Setup

Begin in a wide stance position with one foot pointed forward and the other pointed sideways.

Movement

Lift your arms out to your sides and lower one arm toward your sideways foot. Reach toward the ceiling with your opposite hand, allowing your torso to rotate, and hold.

Tip

Make sure the heel of your sideways foot is in line with the middle of your other foot and do not shrug your shoulders during the exercise.

Standing Hip Flexor Stretch on Chair

REPS: 2

HOLD: 15"



Setup

Begin standing upright with one leg bent and resting on a stable chair behind you.

Movement

Engage your abdominal muscles, then slightly shift your weight forward at your hips. You should feel a gentle stretch in the front of the hip of your bent leg.

Tip

Make sure to use a sturdy chair and avoid arching your back during the stretch.

Standing Hip ER Stretch at Table

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



Setup

Begin standing upright with one leg bent and rotated outward, resting on a table or bed.

Movement

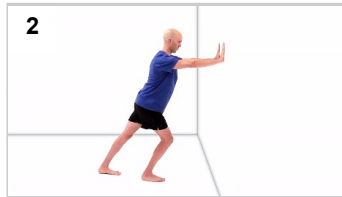
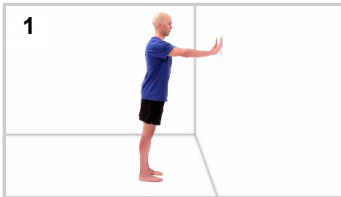
Gently lean forward, hinging at your hips, until you feel a stretch across your hip and buttock, and hold.

Tip

Make sure not to lean to the side during the exercise.

Gastroc Stretch on Wall

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



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.