

Side Lunges

Place supplied theraband loop around ankles. This will be most comfortable with socks and with the band unknicked width-side. Starting with feet slightly narrower than shoulder-width, lunge to the side as far as comfortable without being awkward. Focus on keeping your feet pointed straight (not allowing them to point out) and keeping the knees bent. Continue lunging across the room about 10-15 steps, then repeat back to starting point for one set. You can mix it up by stepping slightly forward or backwards as you go. Do 2-3 sets.



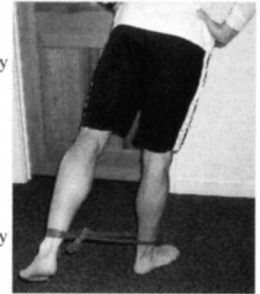
Hip Flexor with Band

Stand with feet about hip width apart, good posture, and core engaged. Turn one foot out a little, and, keeping the leg straight, flex it out in front of you. Hold for a moment and then return. With this exercise you will likely have to use a stretchier (easier) Theraband than with the other band exercises, which is normal. Do 8-20 reps x 2-3 sets per side 2-4 times per week.



Glut Max with Theraband

Stand with feet about hip width apart, good posture, and core engaged. Keeping the leg relatively straight, extend one leg behind you by contracting the glut max. You should feel the contraction in the butt, and not as much in the back of the thigh. Hold for a moment and then return. You can hold a wall for balance if you need to but try not to. Do 8-20 reps x 2-3 sets per side, 2-4 times per week.



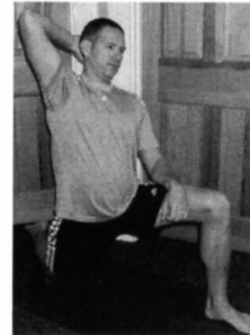
Wall Squats

Place a swiss ball behind your lower back. Place feet slightly wider than shoulder-width apart with toes pointing slightly out. Squat down as low as you comfortably can while focusing on keeping your back straight and abs braced. On the way up, think about pushing your feet apart and squeezing your gluts together to accomplish most of the lifting power. You can add weight in your hands to increase the difficulty. Do _____ reps x _____ sets 2-3 times per week.



Stretch: Hip Flexors

Start in a kneeling position as shown with the right knee down. Keeping your back straight (but not arched), shift your weight forward until a stretch is felt along the front of the RIGHT hip. You can add a very slight bend to the left to further isolate the muscle. Don't allow the left knee to go past the left toes, scooting the left foot forward if necessary.



Adductor Stretch



Slowly slide the feet apart towards the "splits" position while resting the hands on the ground. Keep going slowly until you feel a gentle stretch along the insides of the legs (which, if you're anything like me, will be well before you reach a "split.") When done stretching, come up out of the position slowly and gently. *This stretch should not be done aggressively unless you are thoroughly warmed up.*

Adductor Stretch

Start with the front leg straight and the back leg turned out and the knee bent as pictured. Lean into the stretch until you feel it in the inside of the thigh up around the hip of the BACK leg. Hold for 10-30 seconds and repeat on the other side. *This is an aggressive stretch and should only be attempted when you are warmed up.* (The front leg doesn't necessarily have to be straight so long as you feel a good stretch of the back leg.)



Stretch: Gluts: Supine

Lie on back with arms to the side. Pull one leg across the body as pictured until a stretch is felt in the gluts. You can try different angles to feel where it is the tightest. If possible you can try placing the left foot flat on the ground and then lightly push the left glut down towards the floor to intensify the stretch. Hold 10-30 seconds and then repeat on the other side.



Stretching: Hamstring - Wall

Lying on floor with right leg on wall, other leg through doorway, scoot buttocks toward wall until stretch is felt in back of thigh. Maintain a light contraction in the quads (keeping knee straight.) Hold 10-30 seconds. This is a good one to try some Post-Isometric Relaxation stretching: Push your right leg into the wall and hold for five seconds, relax, and then scoot a little closer to the wall. Repeat 3 times.

