

## Step Up

Sets: 2/3 | Reps: 10/15 | Load: light | Hold: 1/2sec | Rest: 30sec | Tempo: moderate | Intensity: light | Duration: 10min |

Frequency: 2/3 week

### Preparation:

- Stand in front of a box or step
- Hands resting at sides, pull belly button in

### Execution:

- Step up with one leg, follow with the other
- Step down with the first leg
- Complete the repetition by stepping both feet down



*Eyes forward, hands resting at sides, pull belly button in, knees slightly bent*



*Step up with one leg...*



*...follow with the other*



*Step down with the first leg*



*Complete the repetition by stepping both feet down*

## Walking Side Lunges

Sets: 2/3 | Reps: 10/15 | Load: light | Hold: 1/2sec | Rest: 30sec | Tempo: moderate | Intensity: light | Duration: 10min |

Frequency: 2/3 week

### Execution:

- Take a wide side step
- Pull feet back together, using the lead foot to pull the trailing foot
- Repeat



*Start position*



*Take a wide step*



*Pull feet together*



*Repeat*

## Step and Reach Sideways

Sets: 2/3 | Reps: 10/15 | Load: light | Hold: 1/2sec | Rest: 30sec | Tempo: moderate | Intensity: light | Duration: 10min |

Frequency: 2/3 week

### Execution:

- Take a large step sideways with one foot, while reaching the same arm out and up
- Step in with the right foot, while bringing the right arm to your side
- Take a large step sideways with the left foot, while reaching the left arm out and up
- Step in with the left foot, while bringing the left arm to your side



*Stand Tall*



*Step to side and reach*

## Squat (Chair)

Sets: 2/3 | Reps: 10/15 | Load: light | Hold: 1/2sec | Rest: 30sec | Tempo: moderate | Intensity: light | Duration: 10min |

Frequency: 2/3 week

### Preparation:

- Stand with good posture
- Feet shoulder width apart, knees slightly bent
- Rest hands on chair or counter for support

### Execution:

- Initiate squat by bending at the hip
- Squat as low as you can under control
- Rise up straight



Start Position



Squat - Head up - Butt out  
- Knees back

## Calf Raise Concentric | Bilateral (Chair)

Sets: 2/3 | Reps: 10/15 | Load: light | Hold: 1/2sec | Rest: 30sec | Tempo: moderate | Intensity: light | Duration: 10min |

Frequency: 2/3 week

### Preparation:

- Stand holding a chair as shown

### Execution:

- Stand on your tip toes, lifting your heels as high as you can



Start Position



Stand on tip toes

## Halfway Lift | Hands on Knees

Sets: 2/3 | Reps: 10/15 | Load: light | Hold: 1/2sec | Rest: 30sec | Tempo: moderate | Intensity: light | Duration: 10min |

Frequency: 2/3 week

### Preparation:

- Start in Standing

### Execution:

- Keeping your back straight, bend forwards to reach hands to your knees



Start in Standing



Bend forwards to reach  
hands to your knees

## Clamshell Isometric

Sets: 2/3 | Reps: 10/15 | Load: light | Hold: 1/2sec | Rest: 30sec | Tempo: moderate | Intensity: light | Duration: 10min |

Frequency: 2/3 week

### Preparation:

- Lie on your side with your hips at 45 degrees and your knees at 90 degrees
- Position your hand on your front hip and buttock muscles

### Execution:

- Contract your buttock muscle without tightening the front hip muscle
- **THINK** about opening your knees up like a clam (but don't lift them apart)



*Feeling front and back hip muscles*



*Contract buttock muscle*

## Bridge | Arms at Sides

Sets: 2/3 | Reps: 10/15 | Load: light | Hold: 1/2sec | Rest: 30sec | Tempo: moderate | Intensity: light | Duration: 10min |

Frequency: 2/3 week

### Preparation:

- Lie on your back with arms resting at your sides
- Bend hips and knees, placing feet flat on surface

### Execution:

- Lift your hips off the surface to make a bridge
- Lower slowly



*Start position*



*Bridge hips*

## Double Leg Lift

Sets: 2/3 | Reps: 10/15 | Load: light | Hold: 1/2sec | Rest: 30sec | Tempo: moderate | Intensity: light | Duration: 10min |

Frequency: 2/3 week

### Preparation:

- Lay on your back, knees bent, neutral spine position

### Execution:

- Raise both legs as shown
- Avoid changing the position of your back
- Lower legs back down with control



*Neutral position, hold*



*Lift legs Lower with control*

## Superman | Arm+Leg Lift

Sets: 2/3 | Reps: 10/15 | Load: light | Hold: 1/2sec | Rest: 30sec | Tempo: moderate | Intensity: light | Duration: 10min |

Frequency: 2/3 week

### Preparation:

- Lay on your stomach
- Arms above head

### Execution:

- Lift your arms off the floor slightly



*On stomach, arms above head*



*Lift arms*