

STEP 1



STEP 2



### Supine Piriformis Stretch with Foot on Ground

REPS: 10 | SETS: 3 | HOLD: 5

#### Setup

Begin by lying on your back with both knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.

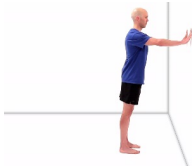
#### Movement

Grab your leg just below the knee and slowly draw it towards your opposite shoulder until you feel a stretch in your buttocks.

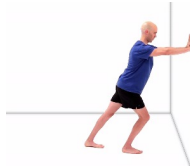
#### Tip

Do not allow your back to twist or bend excessively during the stretch.

STEP 1



STEP 2



### Gastroc Stretch on Wall

REPS: 10 | SETS: 3 | HOLD: 5

#### 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.

STEP 1



STEP 2



### Alternating Single Leg Bridge

REPS: 10 | SETS: 3 | HOLD: 5

#### Setup

Begin lying on your back with your knees bent, feet on the floor, and your elbows resting on the ground with your hands in fists on your hips, thumbs pointing up.

#### Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Hold this position and straighten one leg, then bring it back down and repeat with your other leg.

#### Tip

Make sure to maintain your balance during the exercise and do not let your hips rotate to either side as you lift your legs. Use your thumbs to monitor the movement of your hips.

STEP 1



STEP 2



STEP 3



### Supine Bridge with Mini Swiss Ball Between Knees

REPS: 10 | SETS: 3 | HOLD: 5

#### Setup

Begin lying on your back with your legs bent, feet resting on the floor, and a ball between your knees.

#### Movement

Engage your abdominals as you gently squeeze the ball between your knees and lift your hips off the ground into a bridge position. Hold briefly, then lower back down to the ground and repeat.

#### Tip

Make sure to keep your core engaged and your movements slow and controlled. Do not let your hips rotate to either side during the exercise.

STEP 1



STEP 2



### Prone Heel Squeeze

REPS: 10 | SETS: 3 | HOLD: 5

#### Setup

Begin lying on your front with your legs straight.

#### Movement

Bend your knees to a 90 degree angle, then press your heels together, relax, and repeat.

#### Tip

Make sure not to let your low back arch during the exercise.

STEP 1



STEP 2



### Side Plank with Clam and Resistance

REPS: 10 | SETS: 3 | HOLD: 5

#### Setup

Begin lying on your side with your legs bent at a 90 degree angle, a resistance loop around your knees, and resting on your forearm.

#### Movement

Tighten your abdominals and lift your hips off the floor into a kneeling side plank position. Lift your top knee, pulling against the resistance band. Hold briefly, then relax and repeat.

#### Tip

Make sure your head, hips, and knees are in one straight line and your shoulder is directly over your elbow. Do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



### Quadruped Hip Extension Kicks

REPS: 10 | SETS: 3 | HOLD: 5

#### Setup

Begin on all fours with your hands under your shoulders and your knees under your hips.

#### Movement

Lift one knee off the ground, keeping your knee bent, and push your foot toward the ceiling. Relax, then repeat this movement.

#### Tip

Make sure to engage your core and do not let your hips rotate or drop to either side.