

STEP 1



STEP 2



### Calf Mobilization with Foam Roll

**REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin sitting upright with one leg bent, your other leg straight, and a foam roller under your calf.

#### Movement

Push yourself off the ground with your arms and slowly roll your calf back and forth over the foam roller.

#### Tip

Make sure to keep your movements slow and controlled.

STEP 1



STEP 2



### Sidelying IT Band Foam Roll Mobilization

**REPS: 5 | SETS: 1 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin lying on your side with your hip resting on a foam roll, your upper leg crossed in front of the other, and that foot resting on the ground.

#### Movement

Slowly roll the side of your leg up and down the foam roll. Don't roll past your knee.

#### Tip

Make sure to keep your back straight throughout the exercise.

STEP 1



STEP 2



### Clam

**REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin lying on your side with your knees bent and feet in line with your trunk.

#### Movement

Activate your stomach and hip muscles and lift your top knee upward, keeping your feet together. Return to the starting position and repeat.

#### Tip

Make sure to keep your stomach muscles active and do not let your hips roll forward or backward during the exercise.

STEP 1



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### Sidelying Reverse Clamshell

**REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin lying on your side with your knees bent.

#### Movement

Rotate your top foot upward, then lower it back to the starting position and repeat.

#### Tip

Make sure to keep your knees together as you move your foot.

STEP 1



STEP 2



### Sidelying Hip Abduction

**REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

#### Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

#### Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

STEP 1



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### Sidelying hip circles Clockwise/Counter-Clockwise

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 4

Large and Small

#### Setup

Begin lying on your side.

#### Movement

Lift your top leg, then trace small circles in the air in a clockwise, then counter-clockwise pattern.

#### Tip

Make sure not to let your hips roll forward or backward as you move your leg.

STEP 1



STEP 2



### Sidelying Hip Abduction Double Tap

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 4

#### Setup

Begin lying on your side with your bottom knee bent.

#### Movement

Lift your top leg forward, then extend it up and backward. Lower it down and forward, then repeat.

#### Tip

Make sure to keep your abdominals tight, and do not let your hips rotate forward or backward during the exercise.

STEP 1



STEP 2



### Side Stepping with Resistance at Feet

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4

#### Setup

Begin standing upright with a resistance band looped around the middle of your feet. Bend your knees slightly so you are in a mini squat position.

#### Movement

Slowly step sideways, maintaining tension in the band.

#### Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

STEP 1



STEP 2



### Bridge with Heels on Swiss Ball

REPS: 12 | SETS: 2 | DAILY: 1 | WEEKLY: 4

#### Setup

Begin lying on your back with your legs straight, heels on a swiss ball and your arms resting on the ground.

#### Movement

Tighten your abdominals and lift your hips off the ground until your body is in a straight line. Hold, then lower yourself back to the ground and repeat.

#### Tip

Make sure to keep your abdominals tight and do not let your hips rotate to either side during the exercise

STEP 1



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### Bridge with Hamstring Curl on Swiss Ball

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4

#### Setup

Begin lying on your back with your feet resting on a swiss ball.

#### Movement

Tighten your stomach muscles, then lift your hips up into a bridge position. Maintaining your bridge, bend your knees, curling your heels towards your bottom. Reverse the movement, and repeat.

#### Tip

Make sure to maintain your balance and keep your stomach muscles engaged during the exercise.

STEP 1



STEP 2



### Wall Squat

**REPS: 12 | SETS: 2 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

#### Movement

Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

#### Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

STEP 1



STEP 2



### Forward Step Down

**REPS: 8 | SETS: 2 | DAILY: 1 | WEEKLY: 4**

#### Setup

Balance on one leg and lower your other leg forward off the step to the floor.

#### Movement

Lightly touch the floor with your heel then return to the starting position and repeat.

#### Tip

Make sure to maintain your balance during the exercise and do not let your knee collapse inward.

STEP 1



STEP 2



### Trail Leg Lunge

**REPS: 8 | SETS: 2 | DAILY: 1 | WEEKLY: 4**

#### Setup

Begin in a wide staggered stance position with your back foot resting on a step.

#### Movement

Bend your knees, lowering your body into a lunge position, then raise yourself back up and repeat.

#### Tip

Make sure to keep your abdominals tight and do not let your knee move forward past your toe or collapse inward during the exercise.