

## Floating Backward Lunge

**REPETITIONS: 15**

**SETS: 3**

**DAILY: 1**

**WEEKLY: 3**



### Setup

Begin in a standing upright position, holding a TRX® handle in each hand at chest height with your elbows bent.

### Movement

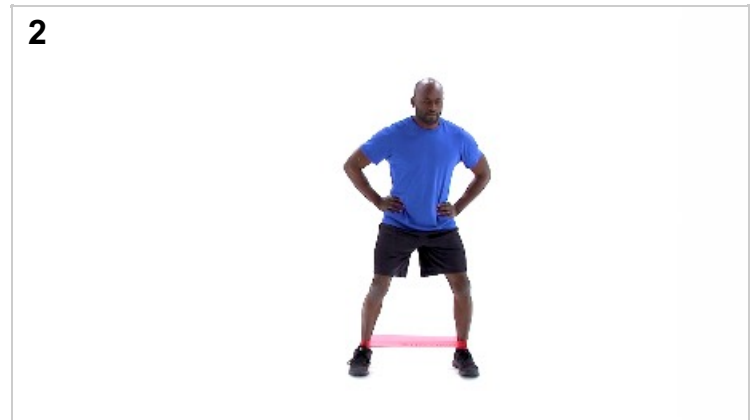
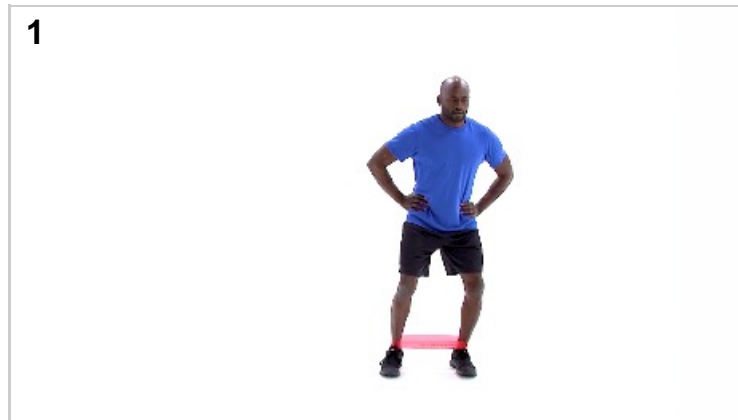
Lift one foot off the ground behind you and lower your body into a single leg lunge position without touching your back foot on the ground. Hold briefly, then return to standing. Repeat with the opposite leg.

### Tip

Make sure to keep your movements controlled and maintain your balance during the exercise. Do not let your knee bend forward past your toes or collapse inward as you lunge.

# Side Stepping with Resistance at Ankles

<b>SETS: 3</b>	<b>DISTANCE (FEET): 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 3</b>
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## Setup

Begin standing upright with a resistance band looped around your ankles. 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.

# Squat Jumps

**REPETITIONS: 15**

**SETS: 3**

**WEEKLY: 3**

**1**



**2**



## Setup

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

## Movement

Lower yourself into a squatting position with your arms straight, then jump up, moving your arms back as you do. Land in a squat and repeat the movement.

## Tip

Make sure your knees do not collapse inward or move forward past your toes as you land, and try not to over arch your back.

# Standard Plank

**SETS: 3**

**DURATION  
(SECONDS): 60**

**WEEKLY: 3**

**1**



**2**



## Setup

Begin lying on your front, propped up on your elbows.

## Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

## Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

# Modified Side Plank with Hip Abduction

**SETS: 3**

**DURATION  
(SECONDS): 30**

**WEEKLY: 3**

**1**



**2**



## Setup

Begin lying on your side, resting on your forearm with your bottom leg bent at a 90 degree angle and your top leg straight.

## Movement

Tighten your abdominals and lift your hips up off of the floor. Then raise your heel so it is at the same level as your hip. Hold briefly, then relax and repeat.

## Tip

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

# Supine Hamstring Curl on Swiss Ball

REPETITIONS: 15

SETS: 3

WEEKLY: 3

1



2



## Setup

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

## Movement

Lift your hips off the floor into a bridge position. Roll the ball toward you with your heels while maintaining the bridge position, then straighten your legs and repeat.

## Tip

Make sure to keep your back straight and do not let your hips fall to the ground.

# Single Leg Balance with Forward Lean

**SETS: 3**

**DURATION  
(SECONDS): 60**

**WEEKLY: 3**



## Setup

Begin in a standing position balancing on one leg with your hands resting on your waist.

## Movement

Lean forward by bending at your hips and knee.

## Tip

Make sure to keep your back straight and chin tucked.

# Supine Bridge with Leg Extension

REPETITIONS: 15

SETS: 3

WEEKLY: 3



## Setup

Begin lying on your back with your arms resting at your sides, your knees bent, and your feet flat on the ground.

## Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Keeping your trunk stiff, straighten one of your legs and hold.

## Tip

Make sure to maintain your balance during the exercise and do not let your hips fall towards the ground.



# Wall Squat

**SETS: 3**

**DURATION  
(SECONDS): 60**

**WEEKLY: 3**

**1**



**2**



## 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.