



STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground. Video # VV446LPRP

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week



SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement. Video # VVZLS2CSB

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat. Video # VVTJZ7GYR

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week





SQUATS - SUPPORTED

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot. Video # VVKVLBJGE

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week



LATERAL MONSTER WALK - ELASTIC BAND AT ANKLES

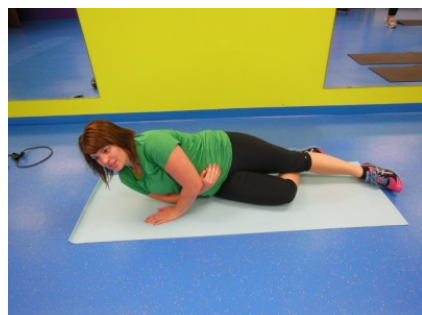
Place a looped elastic band around both ankles.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat. Video # VVPKJ9GG9

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week



Tricep Push Up

Lay on 1 side. Tuck bottom arm into side and place outside arm on ground. Lower body down towards floor bending elbow, and then return to starting position

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week



ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time. Video # VVFXGN8KJ

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week



ELASTIC BAND - HORIZONTAL ABDUCTION

Start by holding an elastic band or tubing with your arm out-stretched in front of you and across your body towards the opposite side.

Next, pull the elastic band or cord horizontally and outward as shown.

Your elbow should be straight or slightly bent the entire time. Video # VVR3QR4HA



Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week