

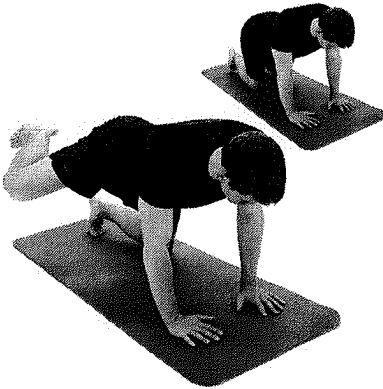
BRIDGE - BRIDGING

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



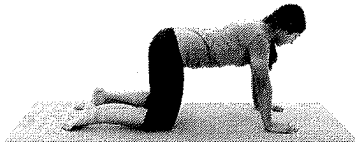
Repeat 10 Times
Hold 10 Seconds
Complete 2 Sets
Perform 1 Times a Day

FIRE HYDRANT - QUADRUPED HIP ABDUCTION

Start in a crawl position and raise your leg out to the side as shown. Maintain a straight upper and mid back.

Video # VVFJHC6ST

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Times a Day

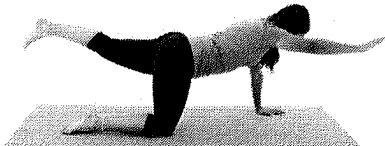
QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

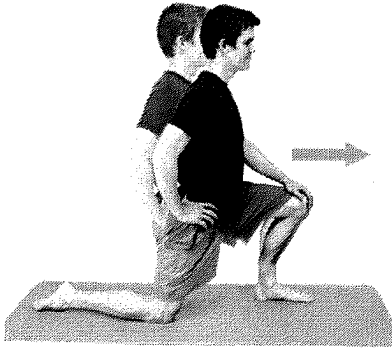
While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards. Your hip will move into hip extension on the way up. Lower leg and arm down and then repeat with opposite side.

Maintain a level and stable pelvis and spine the entire time.

Video # VVE7C35B7

Repeat 10 Times
Hold 10 Seconds
Complete 2 Sets
Perform 1 Times a Day



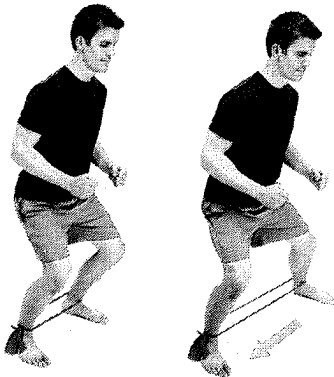


HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

Video # VV9R6CRWF

Repeat 6 Times
Hold 15 Seconds
Complete 2 Sets
Perform 1 Times a Day



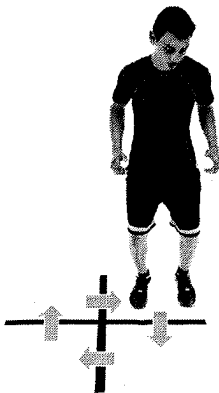
LATERAL MONSTER WALK - ELASTIC BAND AT ANKLES

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
Hold 2 Seconds
Complete 3 Sets
Perform 1 Times a Day



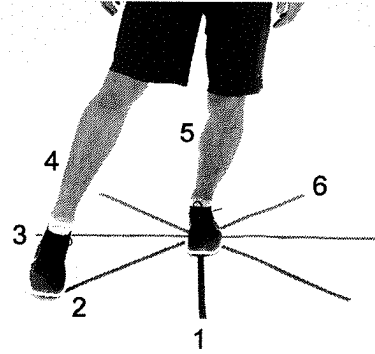
TAPE JUMPS - FULL CYCLE

Jump with both feet over the tape in a forward direction, then jump to the side, then back and then to the original position. After performing this a couple of times, reverse the direction and perform the other way.

Use markers or tape on the ground to focus on landing and positioning control of your feet. Increase distance or speed to progress.

Video # VVXBKQGTZ

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day



SINGLE LEG STANCE - CLOCKS

Start by standing on one leg and maintain your balance. Image a clock on the floor where your stance leg is in the center.

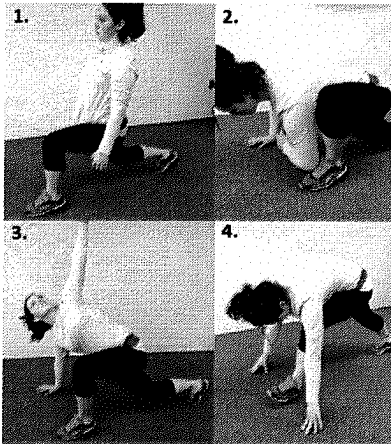
Then, lightly touch position 1 as illustrated with your non-stance foot. Then return that leg to the starting position.

Next, touch position 2 and return. Continue this all the way to position 6.

Maintain a slightly bent knee on the stance side.

Video # VVSAM8NNY

Repeat 5 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Times a Day



World's Greatest Stretch

World's Greatest Stretch

1. Lunge for a deep hip flexor stretch in R leg.
2. Stretch your L elbow to your L foot instep.
3. Rotate up toward the ceiling to the left.
4. Both hands on floor, extend front leg and raise toe, also extend back leg and press back heel to ground.

Repeat 4 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Times a Day