

**SQUAT**

Stand with feet shoulder width apart and toes pointed forward to slightly turned out. Tighten your stomach muscles. Bend knees and lower buttock towards floor keeping your back straight and bending at your hips.

Repeat 10 Times
Complete 2 Sets

Video # XV9TEKCKR

**STEP UP**

Start by standing in front of a step/step stool with one foot on step. Step up onto the step with one leg then return to start position. Repeat both sides.

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week

Video # XVJVL4KQY

**LUNGE**

Start by standing with feet shoulder-width-apart. Tighten your stomach. Next, take a step forward. Your back knee may bend as well. Then, return to original position and repeat with the same leg.

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week

Repeat both sides

Video # XVCXRMZCM



LATERAL MONSTER WALK - ELASTIC BAND AT THIGHS SIDE STEPS

Place a looped elastic band around both thighs or 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.

Video # XVKGLLGQK

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



HIP HIKES

Stand on a step and tighten your abdomen. Then lower one leg downward towards the floor dropping your pelvis. Then return to starting position and repeat.

Video # XVCZVEU5Q

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



ELASTIC BAND HIP ABDUCTION

Stand with an elastic band attached to your ankle so that the band is directed and anchored off to the side in front of your other leg as shown. Tighten your stomach.

Next, move your leg out to the side while pulling against the resistance of the band and then move your leg back towards the floor.

Repeat both legs

Use your arms for balance support if needed for balance and safety.

Video # XVHSN2VA9

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



ELASTIC BAND - HIP EXTENSION

While standing with an elastic band attached to your ankle, tighten your stomach and then move your leg back behind you.

Keep your knee straight the entire time.

Repeat both legs

Use your arms for balance support if needed for balance and safety.

Video # XVBPJ2GZH

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



ELASTIC BAND - HIP FLEXION

While standing with an elastic band attached to your ankle, tighten your stomach and then move your leg forward in front of your body.

Keep your knee straight the entire time.

Use your arms for balance support if needed for balance and safety.

Video # XVE8EDDRT

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



ELASTIC BAND HIP ADDUCTION

Stand with an elastic band attached to your ankle so that the band is directed and anchored off to the side away from your body as shown.

Next, tighten your stomach and then move your leg out to the side and then move your leg back towards the floor while pulling against the resistance of the band. Repeat.

Use your arms for balance support if needed for balance and safety.

Video # XVJ2ZGV43

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week