



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.

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.

Video # XVHSN2VA9

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



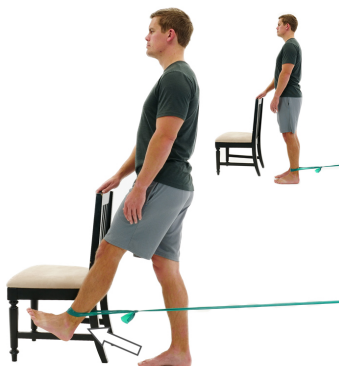
ELASTIC BAND - HIP EXTENSION

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

Keep your knee straight the entire time.

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, draw your leg forward in front of your body.

Video # XVE8EDDRT

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



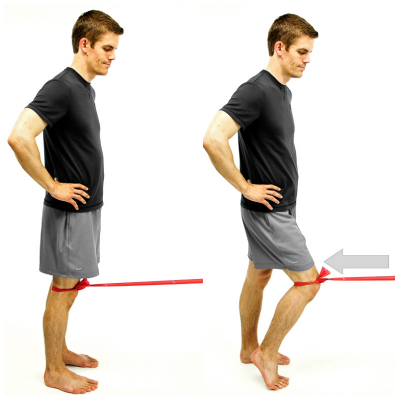
ELASTIC BAND HIP ADDUCTION

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

Video # XVJ2ZGV43

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



TERMINAL KNEE EXTENSION - TKE

Start in a standing position with an elastic band attached behind your knee and the other end tied with a knot and fixated behind a closed door or other anchor. The target knee should be partially bent with your toes touching the ground.

Next, move your knee back towards a straightened position so that your heel touches the floor as you pull against the band.

Video # XVPYWKA8GX

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Times a Week



LATERAL MONSTER WALK - ELASTIC BAND AT ANKLES SIDE STEPS

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.

Perform for 10 yards then return

Repeat 5 times

Video # XVAH3V6H6

Perform 3 Times a Week