



SQUAT

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

Video # XV9TEKCKR

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



LUNGE

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

Video # XVCXRMZCM

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



STEP UP

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

Video # XVJVL4KQY

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



STEP DOWN - LATERAL

Start with both feet on top of a step/box. Next, lower leg down off the side of the step/box to floor. Then return to the original position with both feet on the step/box.

Video # XVSXJD6HT

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



STEP DOWN - FORWARD

Start with both feet on top of a step/box. Next, slowly lower leg down forward off the step/box to the floor. Then return to the original position with both feet on the step/box.

Video # XVTGY586P

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



HIP HIKES

Stand on a step and then lower one leg downward towards the floor then raise pelvis in an "up and down" motion.

Video # XVCZVEU5Q

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week