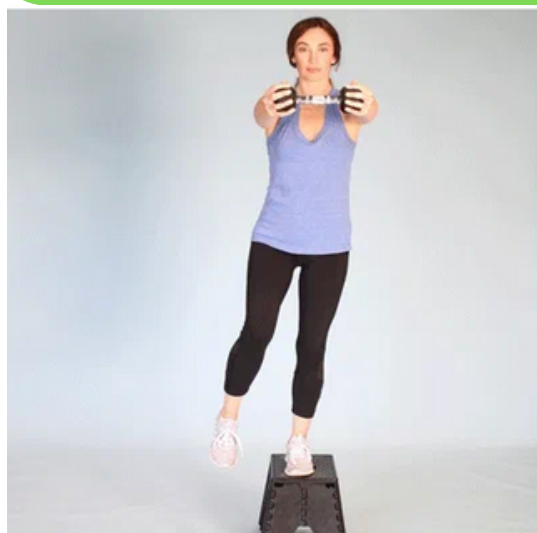


Lateral Step-Up



1. This exercise works your glutes, quads, and hamstrings while stabilizing and strengthening your core. Up the intensity by increasing the weight.
2. Instructions:
3. With both hands, hold a dumbbell or weighted plate in front of your chest.
4. Stand with a bench or box to your right side.
5. Bend your knee and place your right foot on the bench.
6. Stand up straight, tapping your left foot on the bench.
7. Slowly lower your left foot back down to the floor.
8. You can do 2–3 sets of 8–15 repetitions on both sides.

90/90 Hip Stretch



1. Start on all fours, with your hands below your shoulders and your knees below your hips.
2. Straighten your legs behind you, keeping your feet hip-width apart. Tighten your core.
3. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times.

To make this exercise easier, keep your knees on the floor, with your weight over your hands. Keep a straight line from your knees to your shoulders.

Standing Hip Flexor Stretch



1. Sets: 1–2
2. Reps: Hold 20–30 seconds per side
3. Step one leg back into a staggered stance.
4. Tuck your pelvis under slightly and shift your weight forward.
5. Purpose: Stretches the front of the hip and thigh (hip flexors).

Tip: Keep your back straight and avoid arching your lower spine.