**1. Wall Sits**🎥

Goal:

* Engage and Strengthen the Quad Muscles
* Decrease Knee Pain

Cues:

* Start standing with your back against a wall
* Slide down until you are in a seated position 🪑
* Just above 90 degrees
* Make sure your low back is flat against the wall 📏
* Slightly press your feet into the ground and out in front of you (like you are trying to push your butt/low back into the wall) ⬇️➡️
* Hold this position for 30 seconds (or as long as you can)
* Repeat 3-5 times
* Increase time or add weight to increase intensity 🦾
* Keep pressure pushing down and forward
* Keep pressing low back into wall

Where you should feel it:

* Quads

Video:

**2. Glute Bridge**

Goal:

* Strengthen the glute muscles
* Work on hip extension
* Engage the core with hip movements

Cues:

* Start lying flat on your back
* Bend your knees, feet flat on the ground
* Bring your heels as close to your butt as you can (keeps the focus on the hamstrings)
* Engage your core muscles (slightly pull your rib cage down towards your pelvis)
* Keep this engaged thought the movement
* Tuck your pelvis (pull pelvis up towards rib cage, will engage your glutes)
* From here, press your feet into the ground and lift your hips toward the sky
* Stop when your legs, hips, and back are in a straight line
* Squeeze your glutes at the top
* Slowly and controlled return to the starting position
* Avoid arching your low back
* Keep the core engaged!
* Avoid letting your toes or heels lift off the ground throughout

Where you should feel it:

* Glutes! (Butt muscles)
* Core
* Quads (front of thighs)

Video/pictures:

* <https://www.instagram.com/reel/C6INIA2L-9H/?igsh=NTc4MTIwNjQ2YQ==>
* <https://www.instagram.com/reel/DHKVl12J6Yn/?igsh=NTc4MTIwNjQ2YQ==>

**3. Single Leg Glute Bridge**

Goal:

* Strengthen the glute muscles
* Work on hip extension
* Engage the core with hip movements

Cues:

* Start lying flat on your back
* Bend your knees, feet flat on the ground
* Bring your heels as close to your butt as you can (keeps the focus on the hamstrings)
* Unbend one leg at the knee so it is straight out
* Engage your core muscles (slightly pull your rib cage down towards your pelvis)
* Keep this engaged thought the movement
* Tuck your pelvis (pull pelvis up towards rib cage, will engage your glutes)
* From here, press your foot into the ground and lift your hips toward the sky
* Stop when your legs, hips, and back are in a straight line
* Squeeze your glutes at the top
* Slowly and controlled return to the starting position
* Avoid arching your low back
* Keep the hips at the same height, avoid letting the hip with the straight leg dip
* Keep the core engaged!
* Avoid letting your toes or heels lift off the ground throughout

Where you should feel it:

* Glutes! (Butt muscles)
* Core
* Quads (front of thighs)

Video/pictures:

* <https://www.instagram.com/reel/C62MpL8A71C/?igsh=NTc4MTIwNjQ2YQ==>

**4. Hamstring Bridge**🎥

Goal:

* Engage and strengthen the Hamstring. Muscles

Cues:

* Start laying flat on your back
* Bend your knees so your feet are flat on the ground
* Walk your feet out a bit so your knees are bent to about 45 degrees 📐
* Plant your heels onto the ground 👠
* Tilt your pelvis so your low back is flat on the ground 📏
* Keep this position throughout
* Engage your core
* Push your hips straight up the the sky 🆙
* Until your body is in a straight line 📏
* Hold this position for 10 seconds
* Repeat 5 times
* Avoid arching your low back ❌

Where you should feel it:

* Hamstrings
* Glutes
* Core

Video:

* <https://www.instagram.com/reel/DG4cAw9yrVP/?igsh=NTc4MTIwNjQ2YQ==>
* 1st clip

**5. Band TKE**

Goal:

* Improve Knee mobility
* Decrease Knee Pain
* Engage and strengthen the Quad muscles

Cues:

* Start standing in front of a rack, pole, etc.
* Wrap a band around that
* Line up the knee you want to work with it 🦿
* Wrap the band around your lower leg, just below the knee
* Back up until there is a decent amount of tension in the band
* Slightly step back with your opposite leg into an offset stance 🚶
* Now let the band slowly pull your knee forward into flexion ⬅️
* Let it pull your knee as far over your toe as you can
* Next straighten your leg against the band, fully straight ➡️
* Get a nice quad squeeze and hold for a few seconds🦿
* Repeat 5-10 times with each knee

Where you should feel it:

* Quads

Video:

**6. Spanish Squat**

Goal:

* Strengthen the quad muscles
* Improve knee mobility and control

Cues:

* For this you will need a heavy band and something to put in around to anchor it
* Wrap the band around a rack/pole/tree/etc. so there are two loops
* Step inside each loop of the band
* Place the band right below knee joint
* Step back so there is a decent amount of tension trying to pull forward and flex your knees
* Chest up, core engaged, back flat
* From here, squat down to 90 degrees
* Keep pressure pushing back against the band and let it hold some of your body weight up
* Then stand back up, driving your knees back against the band
* Step further back if you need more tension on the band
* Can squat down to a box/bench/etc. to add more security from falling or to limit motion at first
* Keep the focus of the motion around your knees
* Avoid letting your back round or arch

Where you should feel it:

* Quads
* Around the knee
* Glutes

Video/pictures:

* <https://www.instagram.com/reel/DG4cAw9yrVP/?igsh=NTc4MTIwNjQ2YQ==>
* 2nd clip

**7. Pistol Spanish Squat**🎥

Goal:

* Strengthen the quad muscles
* Improve knee mobility and control

Cues:

* For this you will need a heavy band and something to put in around to anchor it
* Wrap the band around a rack/pole/tree/etc. and into itself so there is only one loop
* Step into the band loop with the leg you want to work
* Place the band right below knee joint
* Step back so there is a decent amount of tension trying to pull forward and flex your knee
* Lift the opposite leg off the ground
* Chest up, core engaged, back flat
* From here, squat down to 90 degrees on one leg
* Keep pressure pushing back against the band and let it hold some of your body weight up
* Then stand back up, driving your knee back against the band
* Step further back if you need more tension on the band
* Can squat down to a box/bench/etc. to add more security from falling or to limit motion at first
* Keep the focus of the motion around your knee
* Avoid letting your back round or arch

Where you should feel it:

* Quads
* Around the knee
* Glutes

Video/pictures:

**8. Isometric Leg Extension** 🎥

Goal:

* Strengthen the Quads

Cues:

* Start seated on a leg extension machine
* Back flat against the back of machine
* Brace core
* Keep this position throughout
* Moderate weight
* Extend legs straight out
* Hold this top position for time
* Repeat 3-5 times
* Avoid arching low back
* Remember to breathe and brace core

Where you should feel it:

* Quad muscles

Video:

**9. Leg Extension**

Goal:

* Strengthen the Quads

Cues:

* Start seated on a leg extension machine
* Back flat against the back of machine
* Brace core
* Keep this position throughout
* Moderate weight
* Extend legs straight out
* Slight hold and squeeze at the top position
* 10 reps
* Avoid arching low back
* Remember to breathe and brace core

Where you should feel it:

* Quad muscles

Video:

* <https://www.instagram.com/reel/DHrzTQKxsB8/?igsh=NTc4MTIwNjQ2YQ==>

**10. 2 Up/1 Down Leg Extension** 🎥

Goal:

* Strengthen the Quads

Cues:

* Start seated on a leg extension machine
* Back flat against the back of machine
* Brace core
* Keep this position throughout
* Moderate weight
* Extend legs straight out
* Slight hold and squeeze at the top position
* Drop one leg down
* Hold the weight up with one leg
* Slowly lower the weight down with one leg
* 10 reps each leg
* Avoid arching low back
* Remember to breathe and brace core
* Keep the down motion slow and controlled

Where you should feel it:

* Quad muscles

Video:

**11. 1 Up/1 Down Leg Extension** 🎥

Goal:

* Strengthen the Quads

Cues:

* Start seated on a leg extension machine
* Back flat against the back of machine
* Brace core
* Keep this position throughout
* Moderate weight
* Only one leg on the extension pad
* Other leg hanging or planted on the ground if you can reach
* Extend leg straight out
* Slight hold and squeeze at the top position
* Slowly lower the weight down with one leg
* 10 reps each leg
* Avoid arching low back
* Remember to breathe and brace core
* Keep the down motion slow and controlled

Where you should feel it:

* Quad muscles

Video:

**12. Isometric Leg Curl**🎥

Goal:

* Strengthen the Hamstrings

Cues:

* Start laying face down on a leg curl machine
* Stomach flat against the machine
* Brace core
* Keep this position throughout
* Moderate weight
* Flex legs up toward glutes
* Hold this top position for time
* Repeat 3-5 times
* Avoid arching low back
* Remember to breathe and brace core

Where you should feel it:

* Hamstring muscles

Video:

**13. Leg Curl**

Goal:

* Strengthen the Hamstrings

Cues:

* Start laying face down on a leg curl machine
* Stomach flat against the machine
* Brace core
* Keep this position throughout
* Moderate weight
* Flex legs up toward glutes
* Slight hold and squeeze in the top position
* Slowly and controlled lower the weight back down
* 10 reps
* Avoid arching low back
* Remember to breathe and brace core

Where you should feel it:

* Hamstring muscles

Video:

* <https://www.instagram.com/reel/DHuYHMlxivq/?igsh=NTc4MTIwNjQ2YQ==>

**14. 2 Up/1 Down Leg Curl**🎥

Goal:

* Strengthen the Hamstrings

Cues:

* Start laying face down on a leg curl machine
* Stomach flat against the machine
* Brace core
* Keep this position throughout
* Moderate weight
* Flex legs up toward glutes
* Slight hold and squeeze in the top position
* Drop one leg down without weight
* Slowly and controlled lower the weight back down with one leg
* 10 reps each leg
* Avoid arching low back
* Remember to breathe and brace core

Where you should feel it:

* Hamstring muscles

Video:

**15. 1 Up/1 Down Leg Curl**🎥

Goal:

* Strengthen the Hamstrings

Cues:

* Start laying face down on a leg curl machine
* Stomach flat against the machine
* Brace core
* Keep this position throughout
* Moderate weight
* Flex one leg up toward glutes
* Slight hold and squeeze in the top position
* Slowly and controlled lower the weight back down with one leg
* 10 reps each leg
* Avoid arching low back
* Remember to breathe and brace core

Where you should feel it:

* Hamstring muscles

Video:

**16. Hip Hinge**

Goal:

* Improve hip hinge movement pattern
* Strengthen Glutes and hamstrings
* Lengthen Glutes and Hamstrings
* Keep core engaged through hip hinge

Cues:

* Begin by standing a few inches in front of a door, wall, etc., with your feet about shoulder with apart and a slight bend in the knees
* While keeping your back straight, hinge at the hips and shoot your butt peach back behind you towards the door/wall/etc
* Once your butt touches, stand back upright by bringing your hips back forward keeping your back flat
* If it is very easy to touch the object behind you and keep your back flat, walk forward a few inches and repeat
* Keep moving out until you can barely push your hips back far enough to touch the object behind you with your butt
* Once you're there, repeat for 3 sets of 10 reps

Where you should feel it:

* Glutes
* Hamstrings
* Core

Video:

* <https://www.instagram.com/reel/CzH_tb-JpIm/?igsh=NTc4MTIwNjQ2YQ==>

**17. Tall Kneel**

Goals:

* Improve the hip hinge movement pattern
* Engage core through movement
* Strengthen Glutes
* Lengthen Quads

Cues:

* Start in a kneeling position
* Cross your arms in front of your chest
* Tilt your pelvis back (so your low back is flat and not arched) 📏
* Hold this Position throughout
* Now, drive your hips back toward your heels 🔙
* Hinge at the hips, let your upper body drop forward in line
* Drive your hips forward until you are back in the upright position
* Slight glute squeeze at the top 🍑
* Repeat 5-10 times 🔂

Where you should feel it:

* Glutes
* Core
* Stretch in quads

Video:

* <https://www.instagram.com/reel/DHFLc0RJY7i/?igsh=NTc4MTIwNjQ2YQ==>
* 3rd clip

**18. Band Tall Kneel**🎥

Goals:

* Improve the hip hinge movement pattern
* Incorporate the glute muscles into the hinge
* Maintain a braced core through a hinge
* Keep a neutral spine through a hinge

Cues:

* Start on your knees
* Knees about shoulder width apart
* Place a band around a rack/door/etc.
* Place the band around your waist, over your front hip bones
* Move away to create decent tension on the band
* Cross your arms in front of your chest
* Slightly pull your shoulders down toward your hips or engage your lats
* Brace your core
* Tuck your pelvis (pull your pubic bone toward your ribs)
* Engage your glutes
* Kneel nice and tall
* Now, let the band pull your hips back as your upper body leans forward
* Push your hips back like you are trying to sit on your heels
* Go back as far as you can without arching your low back
* From here, squeeze your glutes and drive your hips forward back into the upright position
* Repeat for reps
* Focus on driving with your glutes
* Keep your lats engaged
* Keep your core engaged
* Avoid over arching your low back

Where your should feel it:

* Glutes
* Core
* Possible stretch in the quads

Video:

**19. Band Hip Hinge** 🎥

Goals:

* Improve the hip hinge movement pattern
* Incorporate the glute muscles into the hinge
* Strengthen Low Back, Glutes, Hamstrings
* Maintain a braced core through a hinge
* Keep a neutral spine through a hinge

Cues:

* Start standing
* Feet about shoulder width apart
* Place a band around a rack/door/etc.
* Place the band around your waist, over your front hip bones
* Move away to create decent tension on the band
* Cross your arms in front of your chest
* Slightly pull your shoulders down toward your hips or engage your lats
* Brace your core
* Tuck your pelvis (pull your pubic bone toward your ribs)
* Engage your glutes
* Stand nice and tall
* Now, let the band pull your hips back as your upper body leans forward
* Push your hips back like you are trying to close a door with your butt behind you
* Go back as far as you can without arching your low back
* From here, squeeze your glutes and drive your hips forward back into the upright position
* Repeat for reps
* Focus on driving with your glutes
* Keep your lats engaged
* Keep your core engaged
* Avoid over arching your low back

Where your should feel it:

* Glutes
* Core
* Possible stretch in the hamstrings

Video:

**19a. Band Kickstand Hip Hinge**🎥

Goals:

* Improve the hip hinge movement pattern
* Incorporate the glute muscles into the hinge
* Maintain a braced core through a hinge
* Keep a neutral spine through a hinge

Cues:

* Start standing
* Feet about shoulder width apart
* Place a band around a rack/door/etc.
* Place the band around your waist, over your front hip bones
* Move away to create decent tension on the band
* Get into an offset stance, working side in front (back foot toes around the opposite heel)
* Cross your arms in front of your chest
* Slightly pull your shoulders down toward your hips or engage your lats
* Brace your core
* Tuck your pelvis (pull your pubic bone toward your ribs)
* Engage your glutes
* Stand nice and tall
* Now, let the band pull your hips back as your upper body leans forward
* Push your hips back like you are trying to close a door with your butt behind you
* Go back as far as you can without arching your low back
* From here, squeeze your glutes and drive your hips forward back into the upright position
* Repeat for reps
* Repeat in opposite split stance
* Focus on driving with your glutes
* Keep your lats engaged
* Keep your core engaged
* Avoid over arching your low back

Where your should feel it:

* Glutes
* Core
* Possible stretch in the hamstrings

Video:

**20. RDL**

Goal:

* Improve the hinge movement
* Strengthen the low back, glutes, and hamstrings

Cues:

* start in a standing position
* Upright, neutral spine
* Arms hanging down, grabbing weight (dumbbells or kettlebell)
* Knees bent softly (more bend will bias glutes more, less will bias hamstrings more)
* From here, push your hips back as far as you can
* Weight goes down towards the top of your feet
* Keep the weight close to your legs
* Keep feet planted on the floor
* Knee bend stays the same throughout movement
* Travel down as far as you can without rounding your low back
* From the bottom position, drive your hips forward and bring the weight back up
* Finish in the standing position

Where you should feel it:

* glutes and hamstrings

Video/pictures:

* <https://www.instagram.com/reel/C54peXrRpQu/?igsh=NTc4MTIwNjQ2YQ==>
* <https://www.instagram.com/reel/DHcWnTOxvjV/?igsh=NTc4MTIwNjQ2YQ==>

**20a. Cable RDL**

Goal:

* Improve the hinge movement
* Strengthen the low back, glutes, and hamstrings
* Maintain a braced core through a hinge
* Keep a neutral spine through a hinge

Cues:

* Start in a standing position facing a low cable machine
* Flat or ez curl attachment
* Grab the bar about shoulder width apart
* Stand Upright, neutral spine
* Arms hanging down and forward, grabbing weight
* Knees bent softly (more bend will bias glutes more, less will bias hamstrings more)
* From here, push your hips back as far as you can
* Weight goes down towards the cable machine
* Keep feet planted on the floor
* Travel down as far as you can without rounding your low back
* From the bottom position, drive your hips forward and bring the weight back up
* Finish in the standing position

Where you should feel it:

* Glutes, hamstrings, core

Video/pictures:

**21. Kickstand RDL**🎥

Goal:

* Improve the hinge movement
* Strengthen the low back, glutes, and hamstrings

Cues:

* Start in a standing position
* Upright, neutral spine
* Arms hanging down, grabbing weight (dumbbells or kettlebell)
* Knees bent softly (more bend will bias glutes more, less will bias hamstrings more)
* Bring one foot slightly behind the other (toes around opposite heel level)
* From here, push your hips back as far as you can
* Sink back into the glute on the front leg
* Weight goes down towards the top of your feet
* Keep the weight close to your legs
* Keep feet planted on the floor
* Knee bend stays the same throughout movement
* Travel down as far as you can without rounding your low back
* From the bottom position, drive your hips forward and bring the weight back up
* Finish in the standing position

Where you should feel it:

* Glutes and hamstrings

Video/pictures:

Video:

* <https://www.instagram.com/reel/C54peXrRpQu/?igsh=NTc4MTIwNjQ2YQ==>

**22. Isometric Lunge Hold**

Goal:

* Strengthen the lower body
* Work on getting into and holding the lunge position

Cues:

* Start in a half kneeling position
* Knee up and in front on the side you will be working more
* Knee on the ground directly below your hip
* Raise your body off the ground so your bottom knee is off the ground, shin parallel with the ground
* Most of your weight should be on your front foot/leg
* Keep your chest up
* Keep your low back flat
* Standing up straighter will put more tension on your quads, leaning more forward will put more tension on your glutes
* Hold this position for time
* Can place your hand on a fixed object to help with balance

Where you should feel it:

* Glutes
* Quads

Video/pictures:

* <https://www.instagram.com/reel/C6ZwbFGyQsN/?igsh=NTc4MTIwNjQ2YQ==>

**23. Seated TA Raise**

Goal:

* Strengthen the front muscle in the lower leg (Tibialis Anterior)
* Increase ankle range of motion (dorsiflexion - top of foot to shin)

Cues:

* Sitting on a chair, couch, bench, etc.
* Feet flat on the floor
* The further out front the feet are the easier it will be and vice versa
* Lift the top of the foot upwards like you are trying to touch it you your shins
* Keep the heels planted on the ground
* Focus on the squeeze in the front of the lower leg at the top part of the movement
* Keep the motion slow and controlled on the way back down
* Can add weight on the thighs to increase resistance

Where you should feel it:

* Front and outside portion of the lower leg

Video/pictures:

* <https://www.instagram.com/reel/CyPV9vJJ8Yi/?igsh=NTc4MTIwNjQ2YQ==>

**24. Standing TA Raise**

Goal:

* Strengthen the front muscle in the lower leg (Tibialis Anterior)
* Increase ankle range of motion (dorsiflexion - top of foot to shin)

Cues:

* Standing, upper back/shoulders against a wall
* Feet flat on the floor
* The further out front the feet are the harder it will be and vice versa
* Lift the top of the foot upwards like you are trying to touch it you your shins
* Keep the heels planted on the ground
* Focus on the squeeze in the front of the lower leg at the top part of the movement
* Keep the motion slow and controlled on the way back down

Where you should feel it:

* Front and outside portion of the lower leg

Video/pictures:

* <https://www.instagram.com/reel/CyPV9vJJ8Yi/?igsh=NTc4MTIwNjQ2YQ==>

**25. Standing Calf Raise**

Goal:

* Strengthen the upper muscle in the back of the lower leg (gastrocnemius)
* Increase ankle range of motion (plantar flexion - foot pushing down)

Cues:

* Standing in an upright position
* Balls of feet and toes elevated on weight plates, a step, books, etc.
* Heels on the ground
* Lift the heels up off the ground as far as you can
* Get all the way up on balls of feet and toes
* Focus on the squeeze at the top of the motion
* Keep the motion slow and controlled on the way back down
* As this gets easier, increase the height of what the toes/balls of feet are elevated on to increase range of motion
* Add weight to increase resistance

Where you should feel it:

* Upper part of the back of the lower leg

Video/pictures:

* <https://www.instagram.com/reel/DGPeyv4To9F/?igsh=NTc4MTIwNjQ2YQ==>

**26. 2 Up/1 Down Standing Calf Raise** 🎥

Goals:

* Strengthen upper calf muscles
* Strengthen feet
* Stabilize the knee

Cues:

* Standing in an upright position
* Balls of feet and toes elevated on weight plates, a step, books, etc.
* Heels on the ground
* Lift the heels up off the ground as far as you can
* Get all the way up on balls of feet and toes
* Focus on the squeeze at the top of the motion
* Lift and extend one foot so it is floating
* Lower yourself back down with one leg
* Keep the motion slow and controlled on the way back down
* As this gets easier, increase the height of what the toes/balls of feet are elevated on to increase range of motion
* Add weight to increase resistance

Where you should feel it:

* Upper calfs
* Back of knee
* Bottom of foot

Video:

**27. 1 Up/1 Down Standing Calf Raise** 🎥

Goals:

* Strengthen upper calf muscles
* Strengthen feet
* Stabilize the knee

Cues:

* Standing in an upright position
* Place one foot forward
* Balls of front foot and toes elevated on weight plates, a step, books, etc.
* Heel on the ground
* Lift yourself up with one leg
* Lift your heel up off the ground as far as you can
* Get all the way up on balls of feet and toes
* Focus on the squeeze at the top of the motion
* Lower yourself back down with one leg
* Keep the motion slow and controlled on the way back down
* As this gets easier, increase the height of what the toes/balls of feet are elevated on to increase range of motion
* Add weight to increase resistance

Where you should feel it:

* Upper calfs
* Back of knee
* Bottom of foot

Video:

* <https://www.instagram.com/reel/CytrCC-SS-S/?igsh=NTc4MTIwNjQ2YQ==>

**28. Seated Calf Raise**

Goal:

* Strengthen the lower muscle in the back of the lower leg (Soleus)
* Strengthen feet
* Increase ankle range of motion (plantar flexion - foot pushing down, dorsiflexion - top of foot to shin)
* Stabilize the knee

Cues:

* Seated position
* Balls of feet and toes elevated on weight plates, a step, books, etc.
* Heels on the ground
* Lift the heels up off the ground as far as you can
* Get all the way up on balls of feet and toes
* Focus on the squeeze at the top of the motion
* Keep the motion slow and controlled on the way back down
* As this gets easier, increase the height of what the toes/balls of feet are elevated on to increase range of motion
* Add weight on the thighs to increase resistance

Where you should feel it:

* Lower part of the back of the lower leg

Video/pictures:

* <https://www.instagram.com/reel/DHZxxy7xXsT/?igsh=NTc4MTIwNjQ2YQ==>

**29. 2 Up/1 Down Seated Calf Raise** 🎥

Goal:

* Strengthen the lower muscle in the back of the lower leg (Soleus)
* Strengthen feet
* Increase ankle range of motion (plantar flexion - foot pushing down, dorsiflexion - top of foot to shin)
* Stabilize the knee

Cues:

* Seated position
* Balls of feet and toes elevated on weight plates, a step, books, etc.
* Heels on the ground
* Lift the heels up off the ground as far as you can
* Get all the way up on balls of feet and toes
* Focus on the squeeze at the top of the motion
* Move one foot and leg out of the way so all the weight is on one leg
* Lower your heel back down with one leg
* Keep the motion slow and controlled on the way back down
* As this gets easier, increase the height of what the toes/balls of feet are elevated on to increase range of motion
* Add weight on the thighs to increase resistance

Where you should feel it:

* Lower part of the back of the lower leg

Video/pictures:

**30. 1 Up/1 Down Seated Calf Raise**

Goal:

* Strengthen the lower muscle in the back of the lower leg (Soleus)
* Strengthen feet
* Increase ankle range of motion (plantar flexion - foot pushing down, dorsiflexion - top of foot to shin)
* Stabilize the knee

Cues:

* Seated position
* One foot in front and elevated
* Balls of front foot and toes elevated on weight plates, a step, books, etc.
* Heel on the ground
* Lift the heel up off the ground as far as you can
* Get all the way up on balls of feet and toes
* Focus on the squeeze at the top of the motion
* Lower your heel back down with one leg
* Keep the motion slow and controlled on the way back down
* As this gets easier, increase the height of what the toes/balls of feet are elevated on to increase range of motion
* Add weight on the thighs to increase resistance

Where you should feel it:

* Lower part of the back of the lower leg

Video/pictures:

* <https://www.instagram.com/reel/CytrCC-SS-S/?igsh=NTc4MTIwNjQ2YQ==>

**31. Isometric Lunge**

Goal:

* Strengthen the lower body
* Work on getting into and holding the lunge position

Cues:

* Start in a half kneeling position
* Knee up and in front on the side you will be working more
* Knee on the ground directly below your hip
* Raise your body off the ground so your bottom knee is off the ground, shin parallel with the ground
* Most of your weight should be on your front foot/leg
* Keep your chest up
* Keep your low back flat
* Standing up straighter will put more tension on your quads, leaning more forward will put more tension on your glutes
* Hold this position for time
* Can place your hand on a fixed object to help with balance

Where you should feel it:

* Glutes
* Quads

Video/pictures:

* <https://www.instagram.com/reel/C6ZwbFGyQsN/?igsh=NTc4MTIwNjQ2YQ==>

**32. Heel Elevated Lunge**

Goal:

* Strengthen the lower body
* Work on the lunge movement

Cues:

* Start in a half kneeling position
* Knee up and in front on the side you will be working more
* Place a block or weight under your front heel (this will increase ankle mobility and place more tension on the quads)
* Back Knee on the ground directly below your hip
* From here, press your front foot into the ground and stand up in the split stance
* Then lower yourself back down until your back knee lightly touches the ground and repeat
* Most of your weight should be on your front foot/leg in the bottom position
* Keep your chest up
* Keep your low back flat
* Standing up straighter will put more tension on your quads, leaning more forward will put more tension on your glutes

Where you should feel it:

* Glutes
* Quads

Video/pictures:

* <https://www.instagram.com/reel/C6upt1bSGdx/?igsh=NTc4MTIwNjQ2YQ==>

**33. Reverse Lunge**

Goal:

* Strengthen the lower body
* Work on the lunge movement

Cues:

* Start in a standing position
* Arms down by your side holding weights to increase intensity
* Take a big step back with one leg
* Keep your feet hip width apart
* From here lower your body down until your back leg softly touches the ground
* Both knees should be bent around 90 degrees at the bottom position
* Most of the weight and work should be on the front foot/leg In the bottom position
* Push yourself back up and step your front foot back in line with the back foot
* Switch legs and repeat
* Doing this in a more upright post on will put more tension on the quads, leaning forward will put more tension on the glutes
* Either way keep the low back flat

Where you should feel it:

* Glutes
* Quads

Video:

* <https://www.instagram.com/reel/C7As_8Cx7JH/?igsh=NTc4MTIwNjQ2YQ==>

**34. Forward Lunge**

Goal:

* Strengthen the lower body
* Work on the lunge movement

Cues:

* Start in a standing position
* Arms down by your side holding weights to increase intensity
* Can perform this in place or walking
* Take a big step forward with one leg
* Keep your feet hip width apart
* From here lower your body down until your back leg softly touches the ground
* Both knees should be bent around 90 degrees at the bottom position
* Most of the weight and work should be on the front foot/leg In the bottom position
* Push yourself back up and step your front foot back in line with the back foot
* Switch legs and repeat
* Doing this in a more upright post on will put more tension on the quads, leaning forward will put more tension on the glutes
* Either way keep the low back flat

Where you should feel it:

* Glutes
* Quads

Video:

* <https://www.instagram.com/reel/C7SuhRXPDzW/?igsh=NTc4MTIwNjQ2YQ==>

**35. Lateral Lunge**

Goal:

* Strengthen the lower body with lateral movement
* Strengthen the hip adductor muscles (groin)

Cues:

* Start in a standing position
* holding weight in your hands if necessary
* Take a big step out to the side with one leg
* Lunge to that side, hinge at the hip and bend at the knee
* Try to get your thigh parallel with the ground and stand back up
* Repeat to the other side
* Avoid rounding or arching the low back

Where you should feel it:

* Glutes
* Quads

Video/pictures:

* <https://www.instagram.com/reel/C7iLVGWvYHe/?igsh=NTc4MTIwNjQ2YQ==>

**36. Bulgarian Split Squat**

Goal:

* Strengthen the quads and glutes

Cues:

* Start in a standing position
* In front of a bench, rack, etc. to place your back foot on
* Object should be about knee height, so when you place your foot on it while standing your knee ones not bend passed 90 degrees
* Place your back foot up on the object behind you
* Sit back on that foot/heel and straighten your other leg out in front
* Then stand
* Most of the weight should be on your front foot/leg
* From here, lower your body straight down until your front knee is bent to 90 degrees
* From here stand back up and repeat
* Keep the movement slo and controlled
* Avoid arching your low back
* Keep the core engaged throughout
* You can grab on to a stationary object with both hands to add stability
* You can grab a stationary object with your hand on the same side with the leg forward and a weight with the other to add resistance
* Or you can grab a weight in each hand to increase resistance

Where you should feel it:

* Glutes
* Quads

Video/pictures:

* <https://www.instagram.com/reel/DGgU2EjRbB7/?igsh=NTc4MTIwNjQ2YQ==>

**37. Step Up**🎥

Goal:

* Strengthen the glutes and quads
* Work on the stopping up movement

Cues:

* Find a step, box, bench, etc to step up on
* The higher it is the more challenging it will be (good to start lower and work your way up)
* Step onto this with one foot
* From here, lean your body weight forward on to the front leg
* Press the front foot down and lift yourself up onto the box and stand straight up
* Try to only use the front leg, don’t push off with the back leg
* Repeat the same motion down, then switch legs and repeat

Where you should feel it:

* Glutes
* Quads

Video/pictures:

**38. Step Down** 🎥

Goal:

* Strengthen the lower body
* Improve knee and ankle mobility

Cues:

* Stand on top of a box, bench, step, bumper plate, etc.
* The higher it is the harder it will be
* Instead of fully stepping down for this, it will be a heel tap
* Pick one foot of the ground and hold it in front of you, hanging off whatever you are tying on
* Bend the knee on the planted leg and slowly lower yourself down until your heel touches the ground in front of you, then stand back up
* Keep the motion slow and controlled
* Raise the object you are standing on as it get easier

Where you should feel it:

* Mostly in the quads
* Possibly a little in the glutes and calves/ankles

Video/pictures:

**39. Lateral Step Ups/Downs**🎥

Goal:

* Strengthen the lower body
* Improve knee and ankle mobility

Cues:

* Stand on top of a box, bench, step, bumper plate, etc.
* The higher it is the harder it will be
* Instead of fully stepping down for this, it will be a heel tap
* Pick one foot of the ground and hold it out to the side of you, hanging off whatever you are tying on
* Bend the knee on the planted leg and slowly lower yourself down until your heel touches the ground straight below you, then stand back up
* Keep the motion slow and controlled
* Raise the object you are standing on as it get easier

Where you should feel it:

* Mostly in the quads
* Possibly a little in the glutes and calves/ankles

Video/pictures:

**40. Box Squat**🎥

Goals:

* Strengthen the squat movement
* Strengthen muscles involved (low back, core, glutes, quads, hamstrings)
* Limit range of motion of the squat to reduce pain while healing (range of motion will be increased over time)

Cues:

* Standing position
* In front of a box, bench, chair etc. (anything that will stop you from going all the way down, should be at a height just before you feel pain in a squat)
* Spine in a neutral position, low back flat
* Heels elevated on weight plates or blocks
* Feet about hip width apart
* Barbell across the top of your shoulders
* Lat muscles engaged (shoulders pulled down, elbows tight)
* Core braced
* From here squat straight down (like you are trying to sit your butt on your heels) onto the box
* Then stand straight back up

Where you should feel it:

* Core (should remain braced throughout)
* Quads and glutes
* Stretch in the hips, knees, and ankles

Video/pictures:

**41. Heel Elevated Goblet Squat**

Goals:

* Strengthen the squat movement
* Strengthen muscles involved (low back, core, glutes, quads, hamstrings)
* Work on range of motion of lower body (hips, knees, ankles)

Cues:

* Standing position
* Spine in a neutral position, low back flat
* Heels elevated on weight plates or blocks
* Feet about hip width apart
* Hold a weight in front of the chest
* Lat muscles engaged (shoulders pulled down, elbows tight)
* Core braced
* From here squat straight down (like you are trying to sit your butt on your heels)
* Let the knees travel over the toes as far as they can
* Then stand straight back up

Where you should feel it:

* Core (should remain braced throughout)
* Quads and glutes
* Stretch in the hips, knees, and ankles

Video/pictures:

* <https://www.instagram.com/reel/DGlcsE2v8DO/?igsh=NTc4MTIwNjQ2YQ==>
* <https://www.instagram.com/reel/CxWrNQLpFqs/?igsh=NTc4MTIwNjQ2YQ==>

**42. Heel Elevated BB Back Squat**

Goals:

* Strengthen the squat movement
* Strengthen muscles involved (low back, core, glutes, quads, hamstrings)
* Work on range of motion of lower body (hips, knees, ankles)

Cues:

* Standing position
* Spine in a neutral position, low back flat
* Heels elevated on weight plates or blocks
* Feet about hip width apart
* Barbell across the top of your shoulders
* Lat muscles engaged (shoulders pulled down, elbows tight)
* Core braced
* From here squat straight down (like you are trying to sit your butt on your heels)
* Let the knees travel over the toes as far as they can
* Then stand straight back up

Where you should feel it:

* Core (should remain braced throughout)
* Quads and glutes
* Stretch in the hips, knees, and ankles

Video/pictures:

* <https://www.instagram.com/reel/CyoGjZtxITg/?igsh=NTc4MTIwNjQ2YQ==>

43. Hip Thrust

Goal:

* Improve and strengthen the hip hinge
* Strengthen the glute muscles
* Keep core engaged through hinge

Cues:

* Use a bench you can decline fully
* Set up a barbell at a very low height or grab a heavy dumbbell to place across your hips
* Lay on the bench, shoulders and head on the high side
* Place the weight across your hips, just above pubic bone
* Brace core
* Back flat
* Keep this throughout
* Feet flat on floor
* Knees bent around 90 degrees
* Drive feet into the ground
* Squeeze glutes and drive the bar up toward the sky
* Only go up until your body is in a straight line
* Avoid over arching low back at the top
* Slight pause and squeeze at the top
* Slowly and controlled lower the weight back to the starting position
* 10 reps

Where you should feel it:

* Glutes
* Possibly hamstrings and quads
* Core

Video:

* <https://www.instagram.com/reel/DHKVl12J6Yn/?igsh=NTc4MTIwNjQ2YQ==>

**44. TRX Squat**

Goal:

* Improve the squat movement
* Maintain an upright position for squats
* Keep core engaged throughout squat

Cues:

* Grab a TRX system, gymnastic rings, or an anchored barbell
* Stand in front of what you are grabbing, arms fully outstretched in front of you
* Throw some weights or a wedge under your heels
* Focus on keeping your spine in a neutral position, arms fully outstretched in front of you
* Squat straight down, letting your knees travel over your toes
* As you go down, lean back into the squat
* You should feel this in your quads and glute muscles
* Keep the motion slow and controlled, and travel down as far as you can
* Add a pause at the bottom of the squat and hold to get used to being in this position
* 10 reps
* Avoid arching low back
* Keep core engaged throughout
* Remember to breathe

Where you should feel it:

* Quads
* Glutes
* Core

Video/pictures:

* <https://www.instagram.com/reel/C3WnS0aOndf/?igsh=NTc4MTIwNjQ2YQ==>

**45. TRX Lunge**

Goal:

* Improve the lunge movement pattern
* Strengthen Quads and glutes
* Keep core engaged throughout lunge

Cues:

* Grab a TRX system, gymnastic rings, or an anchored barbell &
* Stand in front of what you are grabbing, in an offset leg stance, arms fully outstretched in front of you
* The leg out in front is the one that will be working
* Throw a weight or a wedge under your heel
* Focus on keeping your spine in a neutral position, arms fully outstretched in front of you
* Lunge straight down, letting your knee travel over your toes
* As you go down, lean back into the lunge
* You should feel this in your quads and glute muscles
* Keep the motion slow and controlled, and travel down as far as you can, trying to touch that back knee to the ground
* Add a pause at the bottom of the lunge, back knee slightly off the ground, and hold to get used to being in this position
* Avoid arching low back
* Keep core engaged throughout
* Remember to breathe

Where you should feel it:

* Quads
* Glutes
* Core

Video/pictures:

* <https://www.instagram.com/reel/C3Y97qQpPu1/?igsh=NTc4MTIwNjQ2YQ==>