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Standing with feet shoulder width apart, slowly bend knees and hips (as if you were sitting in a chair). Be careful to not let your knees jut out beyond the tips of your toes. Squat down to at least 90 degrees and then slowly return to the starting position. Repeat 15-20 repetitions, perform 2-3 sets.



Sidelying Clamshell

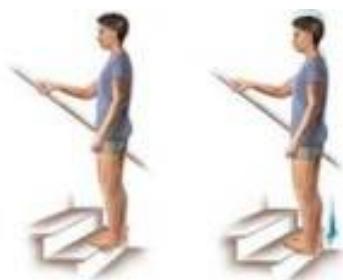


Start by lying on your left side, with your knees bent. Put your right leg on top of the left with the feet together. Maintain a neutral spine. Don't let the top hip move backwards. From this position, raise your knee slowly using your gluteus medius. Hold it on top position for 5 seconds. Slowly lower it back. Do 15-20 repetitions

Physioball Hamstring Curl



Lying on back place ball under heels. Start with knees straight, lift bottom up and then curl ball towards bottom by bending your knees. Then roll the ball out straight again keeping bottom up and knees straight. Repeat 10 times, Do 2 sets. Do 1 sessions per day.



Standing on the edge of a step or stair, keep your knees straight and let your heels drop below your toes, then, slowly raise up onto your toes. Repeat this 15-20 times, 2-3 sets. To make it more difficult, try holding some dumbbells

Step Ups with Leg Lift

Place your right foot on a step or bench and put your hands on your hips. Push yourself up until your right leg is straight and you're standing on the bench. Squeeze your glute to raise your left leg as far behind you as possible without arching your back. Reverse to return to start. That's one rep. Repeat on the left leg. Alternate sides for a total of 12 to 15 reps.

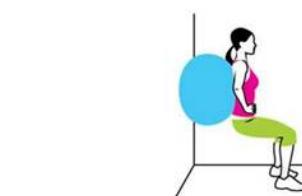


Side Plank

Side Plank
1. Lie on your side with your right hand on the ground or use an exercise mat. For beginners, it is recommended to begin this exercise on your elbow.
2. Lift yourself up to form a plank with your right arm straight and your left arm on your side.



Hold for seconds.
Repeat times
Targeted Muscles: Abdominals, Hips, Low Back



With a physioball behind your back (or a towel on a smooth wall), your feet about 2 feet away from the wall and shoulder width apart, slowly bend your knees and hips until you are at a 90 degree angle at both your hip and knee joints. Slowly return to the starting position. To make this harder, hold some dumbbells in your hands

Repeat 10-15 times



Theraband Shuffle

Wrap a loop of theraband around the insteps of both feet. With a slight bend in your knee, lift one leg off the floor, striding to the side against the resistance of the theraband. After a wide stride (15"-20"), place the foot down and then allow the stationary leg to lift off the ground and slowly bring it towards your other leg. Do not drag the feet.

Perform 10 strides in each direction
Repeat 2-3 sets



Lay down on the floor with your elbows lined up under your shoulders, with an arch in your back. Now, tighten your trunk muscles and raise your belly off the floor so you are supported by just your forearms and toes. Hold this for 20-30 seconds. Repeat 3-4 times. Try to build up to a single 2 minute hold.

Single Leg Bridge/Glute Lift



Lie on floor or mat. Place one leg straight and bend the other leg with foot flat on floor or mat. Place arms down on mat to each side of hips. Raise body by extending hip of bent leg, keeping extended leg and hip straight. Return to original position by lowering body with extended leg and hip straight. Repeat and continue with opposite sides.