

## MONSTER WALKS



Place the Versa Loop just above the knee. Begin in an upright, athletic stance and place the arms in front of the chest with a soft bend at the elbows. Laterally walk to the right, with the right leg initiating the step. Maintain resistance with the band and keep a soft bend at the knees. Continue walking to the right and then return to the starting position by walking to the left.



## BOX SQUAT WALK

Create a box using cones, foam rollers or any four pieces of equipment to outline the corners of a box. Or, use a gym or court that already has a box outlined. Place the Versa Loop just above the knee. Start at one side of the box and begin with lateral squats. Walk forward or backward while maintaining the squat position. Complete the set with the final lateral squatting exercise. Complete a set in each direction, clockwise and counterclockwise.

## SQUATS WITH STANDING ABDUCTION



Place the Versa Loop just above the knee. Begin in a standing position with feet hip- to shoulder-distance apart. The goal is to start with resistance on the loop, and the width varies depending upon the resistance of the band. Perform five squats while maintaining resistance on the band. After the fifth squat, perform five abduction (lateral leg lifts) movements on the right leg. Next, perform five squats with resistance on the band. Next, perform five abduction movements (lateral leg lifts) on the left leg. One set is 20 reps (five in each direction).

## CLAM SHELLS



Place the Versa Loop just above the knees. Lie down on the floor on one side with the knees bent and the legs stacked. The head can rest on the biceps muscle of the bottom arm. Keeping the inner arches of the feet together, externally rotate the top leg to the end point of their range of motion. Lower the leg and repeat the motion. Complete a set on each leg.

## PLANK WITH ALTERNATING TOE TAPS



Begin in plank position with the Versa Loop just above the knee. Engage the abdominals and push the right leg away from the body. The toe will touch the floor and the hip will resist against the band. Return the leg to center and repeat on the left leg. Alternate the toe taps. The goal is to isolate the exercise, initiating the movement from the hip.

This exercise is best performed slowly so there is no compensation.

## ISOMETRIC STANDING HIP FLEXION



Place the Versa Loop underneath the left foot. Place the right foot into the band and lift the right leg to 90 degrees at the hip and knee. The band will be on top of the shoelaces. Hold for 20 to 30 seconds before switching to the left leg.

## LYING ADDUCTOR LIFTS



Place the Versa Loop around the lower calf. Lie on the floor and prop up the upper body on the forearms (the chest is off the floor). Place the left foot on the floor to hold the band underneath the foot. Turn the right toes away from the body and move the leg a few inches to the right. Begin to lift the right leg upward, resisting against the band. The work should come from the inner thighs. If the toes face upward, the lift will come predominantly from the hip flexor. Complete a set on both sides.