

Strength Workout:

Warm up (very important to ward off injuries!)

Supine Ab Press

Opposite Arm/Leg Raise

Side Plank

Hip Bridge

Side Lying Hip Circles

Sit to Stand or Squats

Wall or Floor Pushups

Single Arm Row +/- Leg Raise

Single Arm Lateral Raise +/- Hip Abduction

Single Arm Biceps +/- Hip Flexion

Stretches

Wall Angels

Hip/Quad stretch

Wall Chest Stretch