



Seated Ankle Pumps

REPS: 10 | SETS: 3 | WEEKLY: 3x | DAILY: 1x

Setun

· Begin sitting upright with one leg straight forward.

Movement

 Slowly pump your ankle, bending your foot up toward your body, then pointing your toes away from your body, and repeat.

Tip

 Make sure to move your foot in a straight line and try to keep the rest of your leg relaxed.





Seated Gluteal Sets

REPS: 10 | SETS: 2 | HOLD (SEC): 0 | WEEKLY: 7x | DAILY: 3x

Setu

Begin in a seated upright position.

Movement

Tighten the muscles in your buttocks, then relax and repeat.

Tip

 Make sure to maintain good posture during the exercise and do not hold your breath as you tighten your muscles.





Seated Isometric Hip Abduction

REPS: 10 | SETS: 2 | HOLD (SEC): 0 | WEEKLY: 7x | DAILY: 3x

Setup

· Begin sitting upright in a chair.

Movement

Place your hand on the outside of one knee, then push your leg outward, resisting the
movement with your hand.

Tip

· There should be no movement with this exercise.





Seated Hip Adduction Isometrics with Ball

REPS: 10 | SETS: 2 | HOLD (SEC): 0 | WEEKLY: 7x | DAILY: 3x

Setup

 Begin sitting in an upright position with both feet flat on the floor and a ball between your knees.

Movement

Gently squeeze both legs inward against the ball.

Tip

Make sure not to arch your back during this exercise.





Standing Hip Extension with Chair

REPS: 10 | SETS: 2 | HOLD (SEC): 0 | WEEKLY: 7x | DAILY: 3x

Setup

Begin in a standing upright position holding onto a chair for support.

Movement

Lift one leg straight backward, then bring it back to the starting position and repeat.

Tip

 Make sure to keep your abdominals tight and your hips facing straight forward during the exercise.





Standing Hip Abduction

REPS: 10 | SETS: 2 | HOLD (SEC): 0 | WEEKLY: 7x | DAILY: 3x

Setun

Begin in a standing upright position holding onto a stable object for support.

Movemen

Lift one leg out to your side, then slowly return to the starting position and repeat.

Tip

Make sure to keep your shoulders and hips facing straight forward during the exercise.