



STEP 1



STEP 2

### Seated Ankle Pumps

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

#### Setup

- 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.



STEP 1



STEP 2

### Seated Gluteal Sets

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

#### Setup

- 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.

STEP 1



STEP 2



### 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.

STEP 1



STEP 2



### 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.

STEP 1



STEP 2



### 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.

STEP 1



STEP 2



### Standing Hip Abduction

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

#### Setup

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

#### Movement

- 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.