

COMMENTS:

Start with the first 5 exercises. You can eventually build up your repetitions, add weight and/or increase the number or sets. Focus on perfect technique and move with intention. Always pay attention to your body signals. NONE of these exercises should cause pain and you should STOP if they do, and readjust, modify or discontinue the exercise.

Disclaimer

You should consult your physician or other health care professional before starting this or any other exercise program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

This site offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.



LUNGE - ALTERNATING

Start by standing with feet shoulder-width-apart. Next, take a step forward and slightly out to the side and allow your front knee to bend. Your back knee may bend as well. Then, return to original position and repeat with the opposite leg. Continue this as you alternate from right to left leg.

Keep your pelvis level and straight the entire time.

Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 6 Times

Complete 2 Sets

Perform 2 Times a Week



QR VIEW



LATERAL LUNGE - ALTERNATE

Stand with a small space between feet. Next, step to the side and bend that knee in to a lunge position. As the knee bends Lower you bottom down towards the floor. Keep knees in line with toes. You can raise your arms forward with each knee bend for a counter balance.

Return to original position and repeat on the other side.

Repeat 6 Times
Complete 2 Sets

Perform 2 Times a Week



LATERAL MONSTER WALK - ELASTIC BAND AT THIGHS

Place a looped elastic band around both thighs.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat.

Repeat 6 Times
Complete 2 Sets

Perform 2 Times a Week



SPEED SKATER DRILL

Hop side-to-side landing on one foot. Swing arms alternately to assist with momentum.

Increase height and or speed for progression.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 2 Times a Week



LATERAL PLANK MODIFIED

While lying on your side with your knees bent, lift your body up on your elbow and knees. Try and maintain a straight spine.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day



Progression STEP UP AND OVER - LATERAL

While standing next to a box or raised surface, step up and to the side on to the surface. Both feet should touch the raised surface. Then step down and onto the floor towards the opposite side you started from.

Repeat in the other direction.

Repeat 6 Times
Complete 2 Sets

Perform 2 Times a Week



Progression PLANK LATERAL WITH HIP ABDUCTION

While lying on your side, lift your body up on your elbow and feet. Next, slowly raise up the top most leg upwards, then return. Try and maintain a straight spine the entire time.

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 1 Times a Day