

Push Up with Shins on Swiss Ball

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a push-up position with your legs straight, supported by a swiss ball under your shins.

Movement

Bending your elbows, slowly lower your body to the ground, return to the starting position, then repeat.

Tip

Make sure to keep your body straight throughout the exercise.

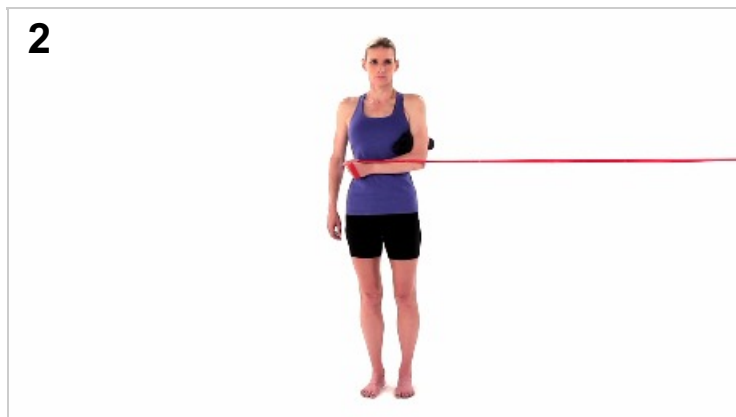
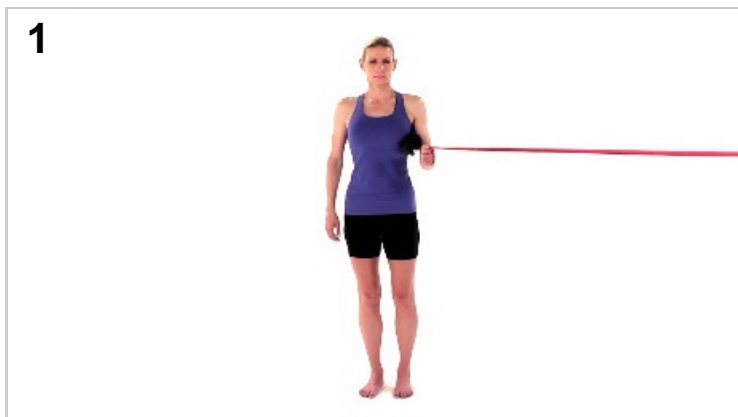
Shoulder Internal Rotation with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

Movement

Slowly rotate your arm inward.

Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

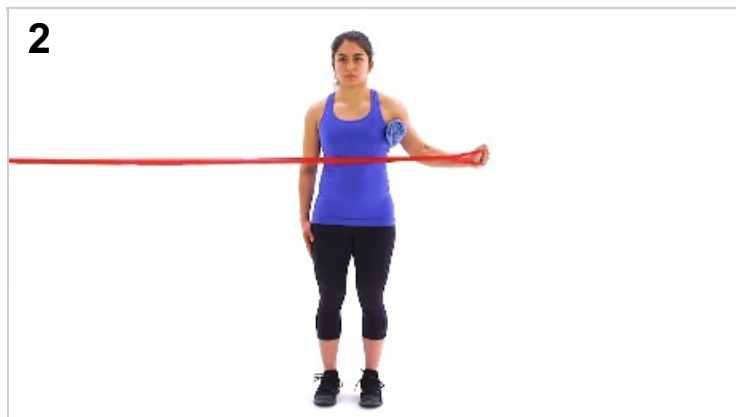
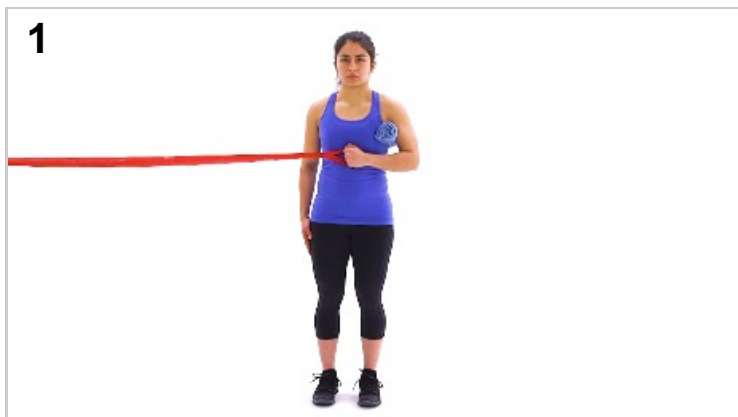
Shoulder External Rotation with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

Movement

Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

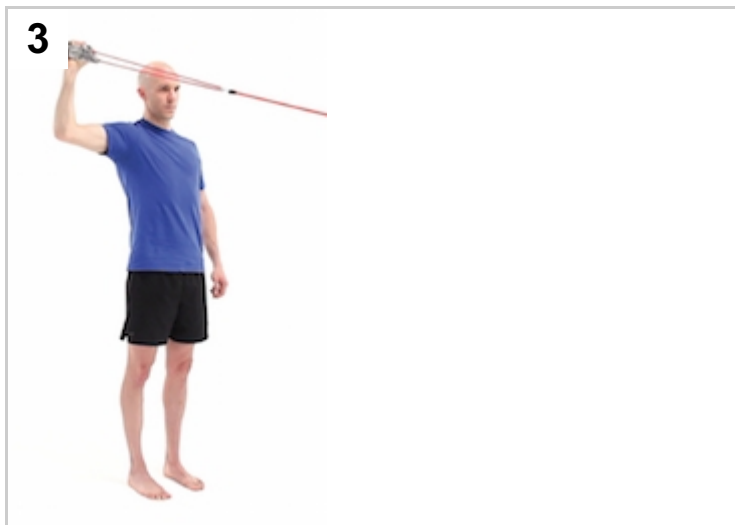
Standing Single Arm Shoulder External Rotation in Abduction with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with one arm out to the side and your elbows bent 90 degrees with your palm facing the floor.

Movement

Slowly rotate your arm upward until your palm is facing forward and hold.

Tip

Make sure not to let your elbow drop as you rotate your arms and maintain a gentle chin tuck throughout the exercise.

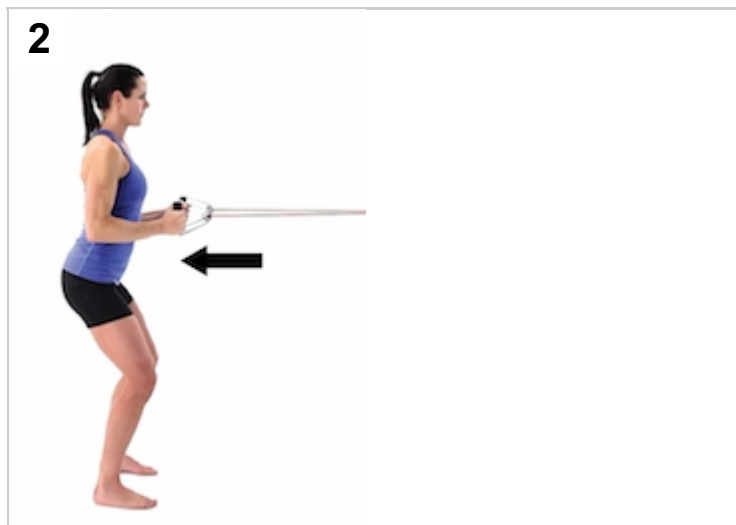
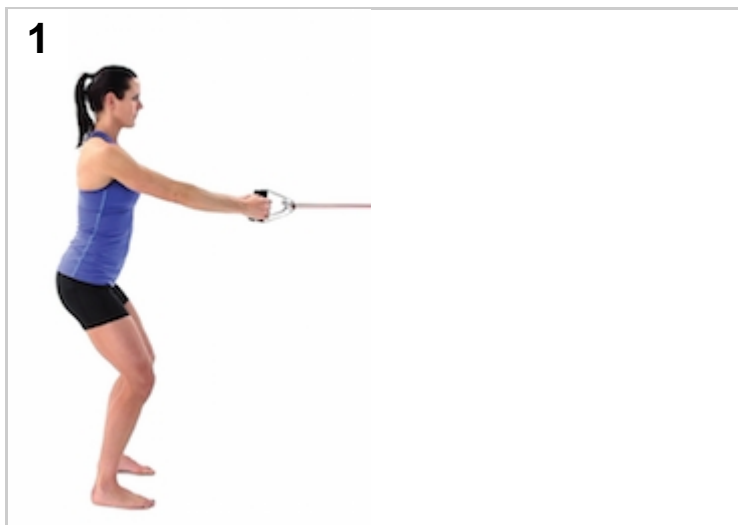
Squatting Shoulder Row with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position, holding resistance tubing in each hand, with your feet slightly wider than shoulder width apart and facing the anchor point.

Movement

Move into a mini squat position and draw your arms back until they are parallel with your trunk. Hold, then slowly return to the start position.

Tip

Make sure to maintain a gentle chin tuck throughout the exercise and do not let your trunk rotate.

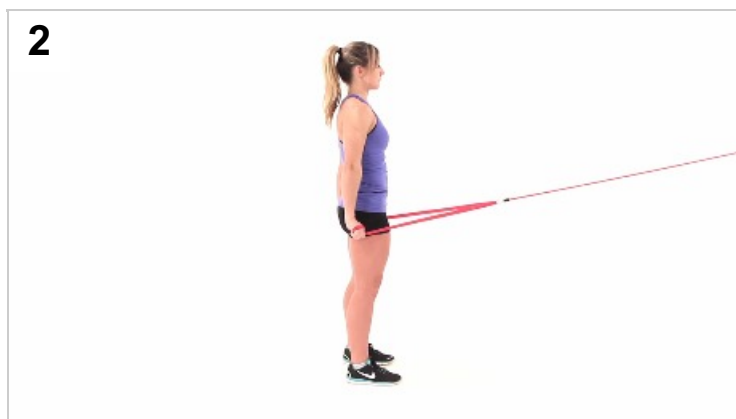
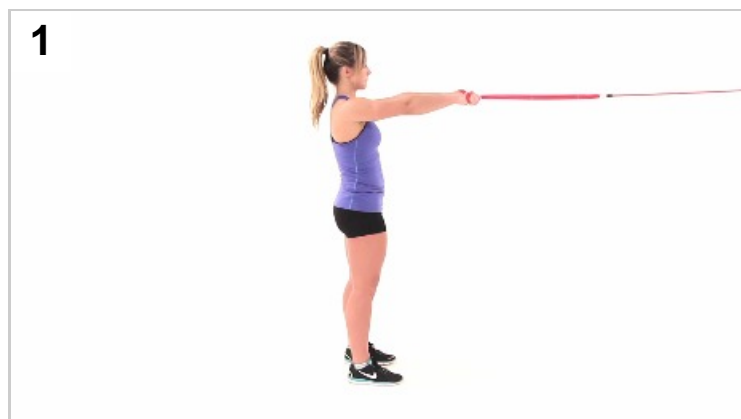
Shoulder Extension with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing position holding both ends of a resistance band anchored in front of you with your arms straight in front of your body.

Movement

Keeping your elbows straight, pull your hands down toward your hips. You should feel your shoulder blades go down. Return to start and repeat.

Tip

Make sure to maintain good posture during the exercise and do not shrug your shoulders.

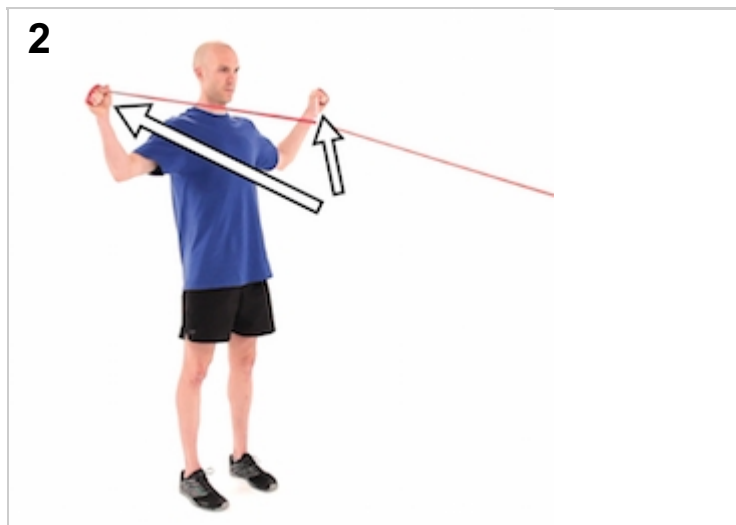
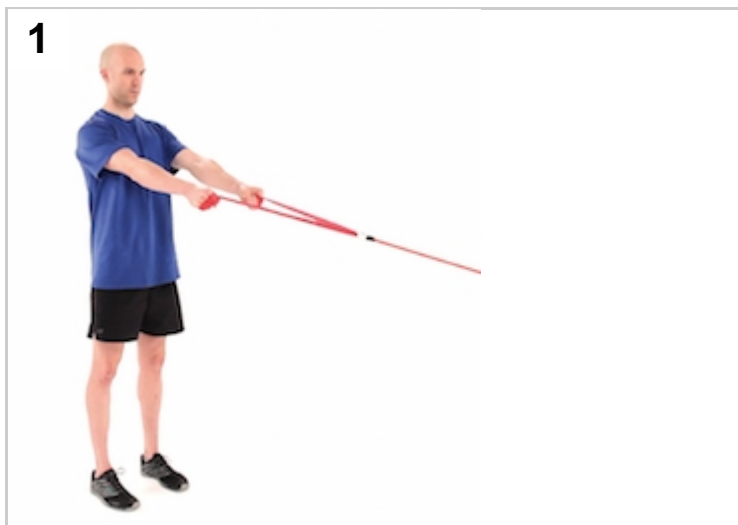
Reverse Fly with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position, holding the ends of a resistance band anchored in front of you.

Movement

With your thumbs up, pull your arms apart and back. Maintain a slight bend in your elbows.

Tip

Make sure to keep your back straight during the exercise and think of squeezing your shoulder blades together.

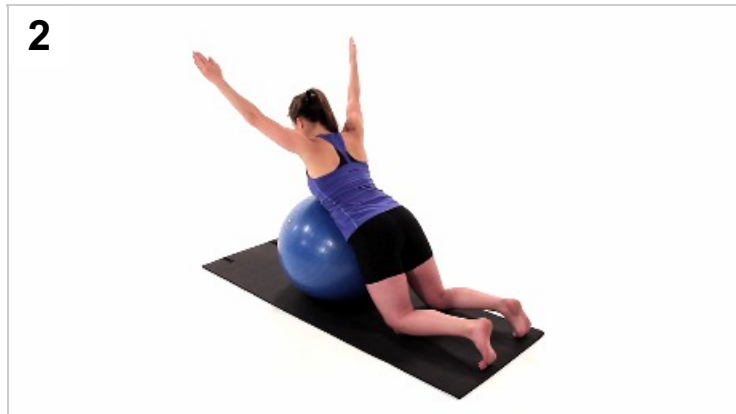
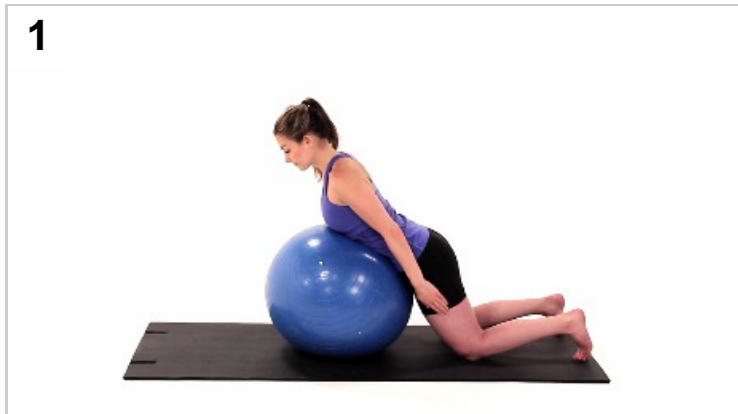
Prone Lower Trapezius Strengthening on Swiss Ball

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying with your chest resting on a swiss ball.

Movement

Raise both arms diagonally out to your sides in a Y shape with your elbows straight and thumbs pointing up, then lower them back down and repeat.

Tip

Make sure to keep your back straight and do not let your shoulders shrug during the exercise.

Wrist Flexion with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting in a chair with your elbows resting on your knees, and a resistance band looped around your hand and anchored under your foot.

Movement

Bend your wrist up against the resistance, then lower it back down and repeat.

Tip

Make sure to only bend at your wrist during the exercise.

Wrist Extension with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright in a chair with your arm resting on a table and your hand off the edge, holding one end of a resistance band that is anchored under your feet.

Movement

Slowly bend your wrist backward against the resistance, then lower it back down and repeat.

Tip

Make sure to only bend your wrist during the exercise.

Wrist Flexion and Extension with Resistance Bar

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your arms straight in front of you, holding a flex bar in both hands, palms facing down.

Movement

At the same time, bend one wrist upward and the other downward, twisting the bar, then reverse those movements and repeat, as if you were wringing out a towel.

Tip

Make sure to focus the movement on your wrists.

Side Stepping with Resistance at Feet

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



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Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slowly step sideways, maintaining tension in the band. Repeat in the opposite direction.

Tip

Make sure to keep your feet pointing straight forward and do not lean your torso to either side as you step.

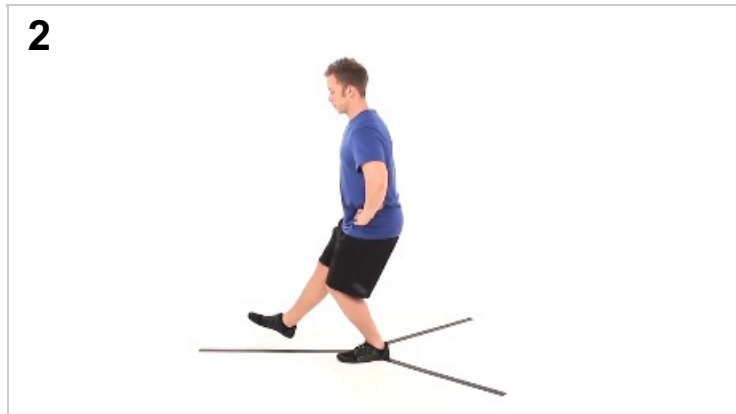
Lower Quarter Anterior Reach

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position in the middle of a Y shape on the floor.

Movement

Balance on one leg and reach your other leg forward along the line, then bring your leg back to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise.

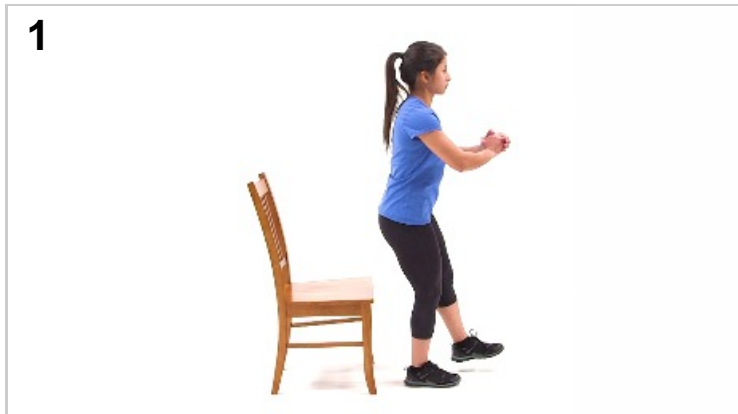
Single Leg Squat with Chair Touch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position in front of a chair.

Movement

Lift one leg off of the ground and lower yourself into a squatting position, bending at your hips and knees until you lightly touch the chair. Return to a standing position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee bend forward past your toes.

Sidelying Hip Abduction on Wall

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your side with your bottom leg slightly bent, your top leg straight, and your heels against a wall.

Movement

Raise your leg up, sliding your heel along the wall, then lower it back down, and repeat as many times as you can. Briefly rest, then repeat with your foot pointing up toward the ceiling, and with your foot pointing down toward the floor.

Tip

Make sure to engage your core and do not let your hips fall forward during the exercise.

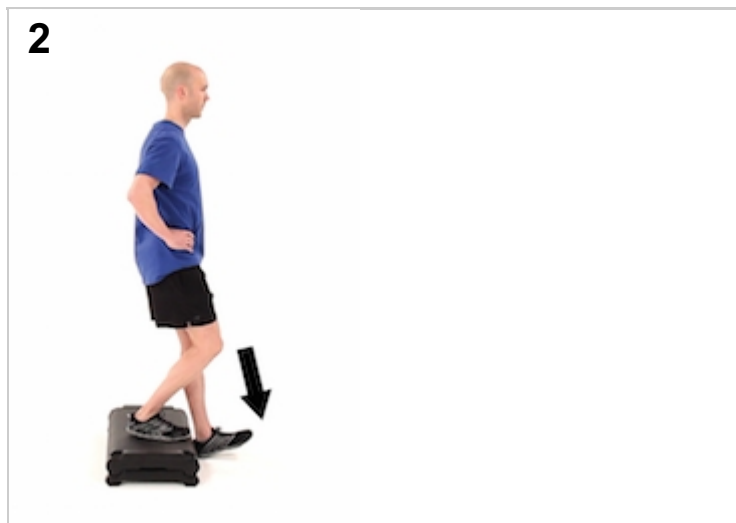
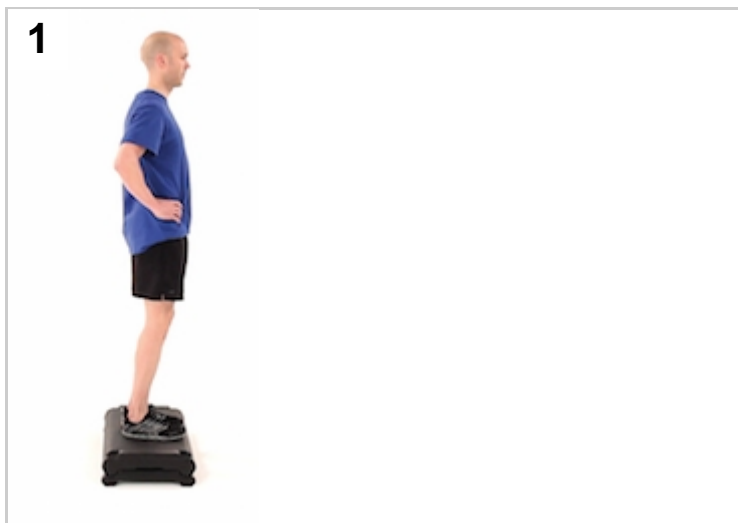
Forward Step Down

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin standing on a step with your hands on your hips.

Movement

Balance on one leg and lower your other leg forward off the step to the floor. Lightly touch the floor with your heel then return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee collapse inward.

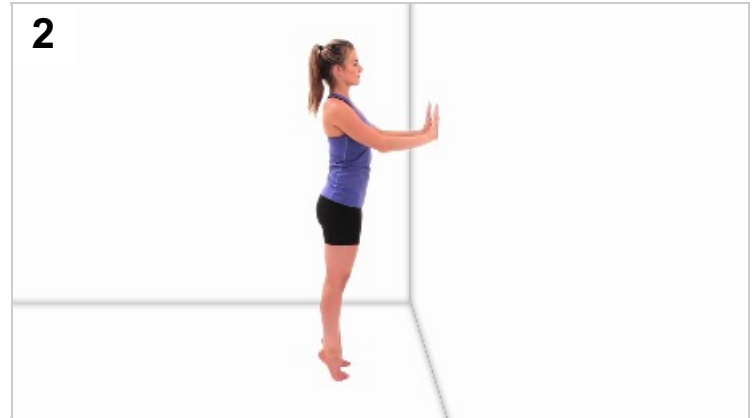
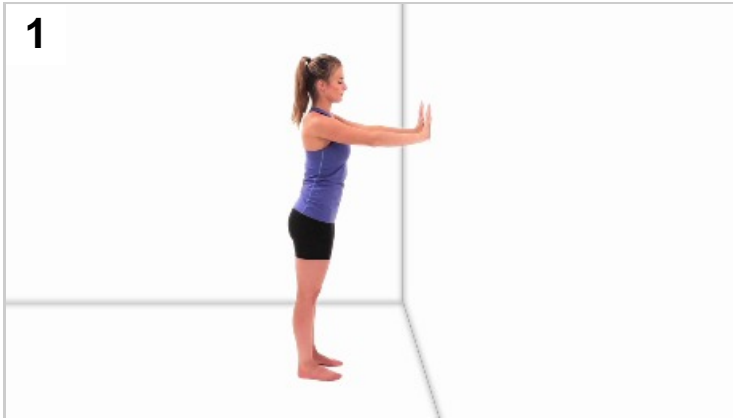
Isometric Heel Raise at Wall

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your hands resting in front of you on a wall.

Movement

Slowly raise your heels off the ground and hold that position.

Tip

Make sure to keep your back straight during the exercise.

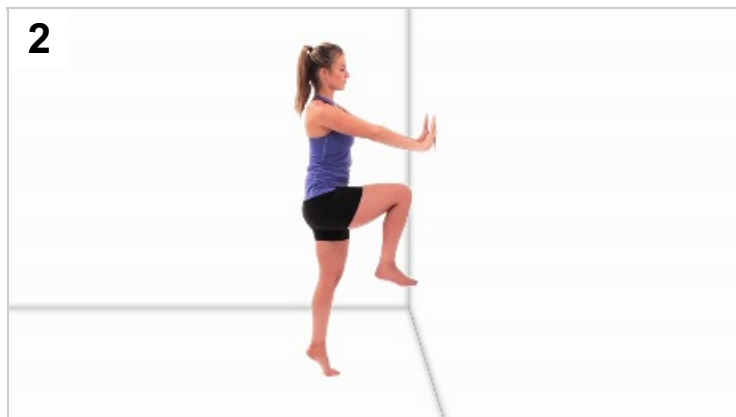
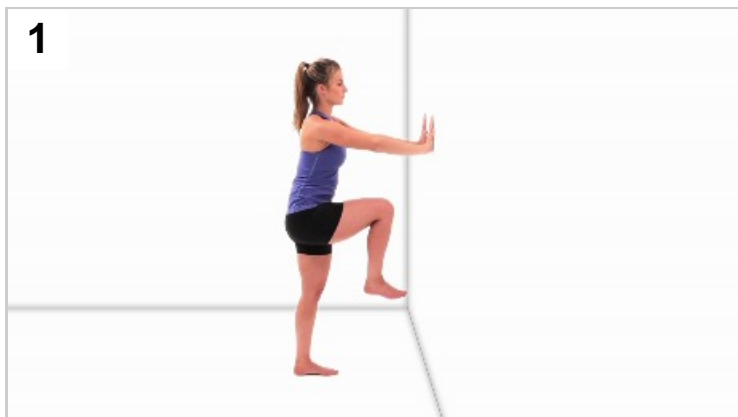
Single Leg Isometric Heel Raise at Wall

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your hands resting in front of you on a wall.

Movement

Bend one knee up to 90 degrees, then raise your other heel off the ground and hold that position.

Tip

Make sure to keep your back straight during the exercise.

Marching Bridge

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

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Setup

Begin lying on your back with your arms laying straight to your sides, knees bent, and feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position. Lift one leg off the ground, keeping your knee bent. Lower it back down and repeat, alternating between each leg.

Tip

Make sure to keep your back straight throughout the exercise and your arms flat on the floor.

Figure 4 Bridge

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with your knees bent and feet flat on the floor. Cross one ankle over your other knee.

Movement

Lift your hips off the floor into a bridge position and hold, then lower yourself back down and repeat.

Tip

Make sure to keep your abdominals tight and your arms flat on the floor during the exercise. Do not let your hips rotate to either side.

Standard Plank

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

Side Plank with Full Arm Support

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your side with your feet stacked, resting on your elbow.

Movement

Lift your hips off the floor and straighten your elbow so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

Tip

Keep your head in line with your trunk and do not let your hips sag toward the floor. Make sure not to roll forward or backward during the exercise.

Side Plank with Clam and Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your side with your legs bent at a 90 degree angle, a resistance loop around your knees, and resting on your forearm.

Movement

Tighten your abdominals and lift your hips off the floor into a kneeling side plank position. Lift your top knee, pulling against the resistance band. Hold briefly, then relax and repeat.

Tip

Make sure your head, hips, and knees are in one straight line and your shoulder is directly over your elbow. Do not let your hips roll backward or forward during the exercise.

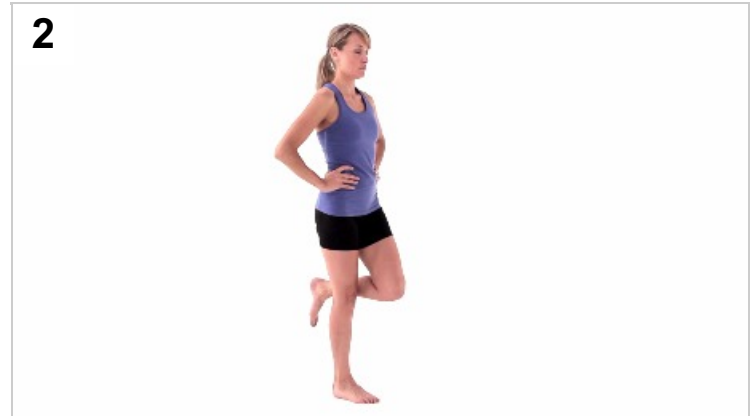
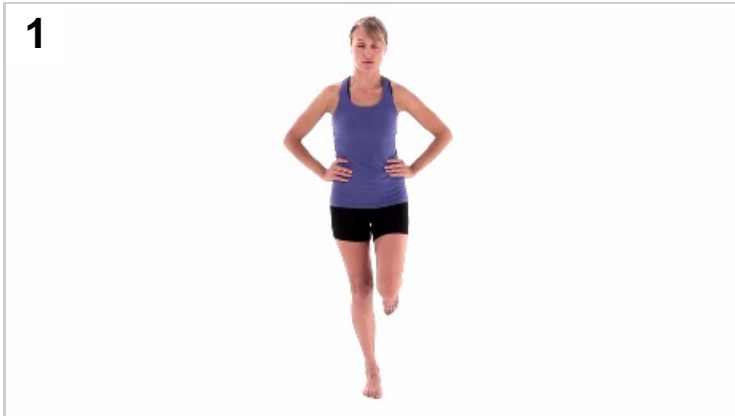
Single Leg Balance with Eyes Closed

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg, and close your eyes. Maintain your balance in this position.

Tip

Make sure to keep your hips level and do not let your weight shift from side to side.

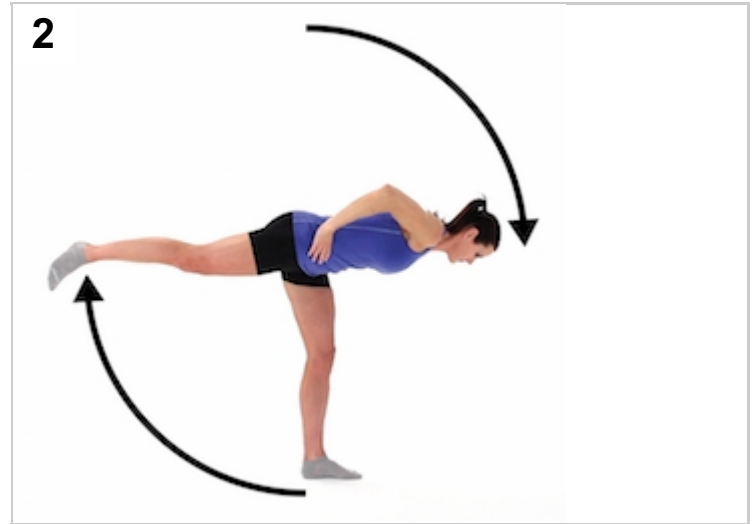
Forward T

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your hands resting at your waist.

Movement

Balancing on one leg, bend at your hips and slowly tilt your body forward while extending the other leg backward, then return to the starting position and repeat.

Tip

Make sure to keep your back straight, and don't let your knee collapse inward during the exercise.

PA Airplane Windmill

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Setup Directions

Movement

Movement Directions

Tip

Tips

Supine Hamstring Stretch with Strap

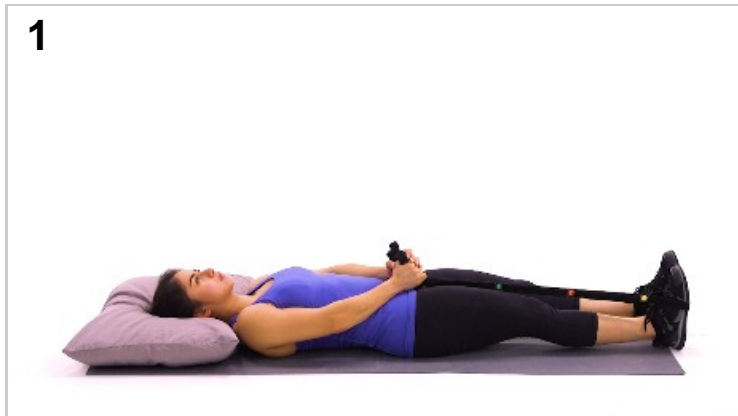
REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin lying on your back with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

Tip

Make sure to keep your other leg straight on the ground during the stretch.

Thomas Stretch on Table

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Sit at the edge of a bed or table with both legs hanging off the edge.

Movement

Lift one leg toward your chest, and lean backward onto the table at the same time. You should feel a stretch in the front of the hip of your leg that is hanging toward the floor.

Tip

Make sure not to let your low back arch during the stretch.

Half Kneeling Hip Flexor Stretch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

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

Supine Piriformis Stretch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with one leg bent and your other ankle resting on your knee.

Movement

Grab underneath one leg, pushing your elbow into the lower thigh of the opposite leg. Gently pull your leg toward your body until you feel a stretch in your buttock and hold.

Tip

Make sure to keep your low back flat against the floor during the stretch.

Prone Chest Stretch on Chair

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin kneeling in front of a chair. Rest your arms on the chair, crossed on top of each other.

Movement

Bending at your hips and keeping your arms on the chair, lower your trunk toward the ground until you feel a stretch in the front of your chest and hold.

Tip

Make sure not to arch your low back during the stretch.

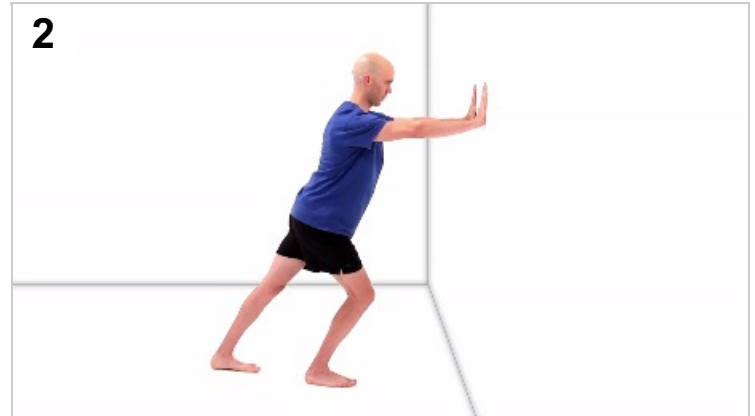
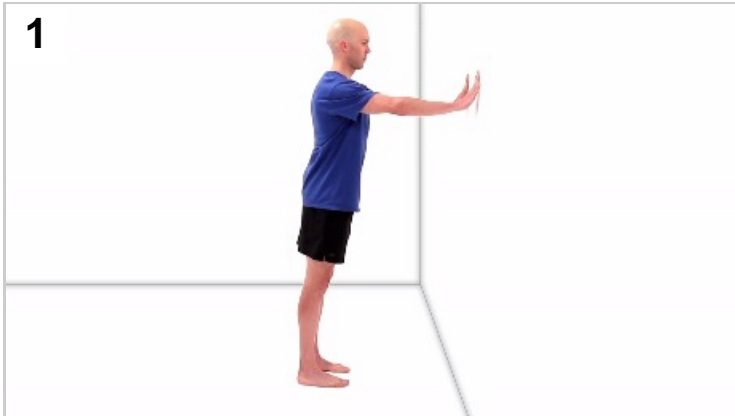
Gastroc Stretch on Wall

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

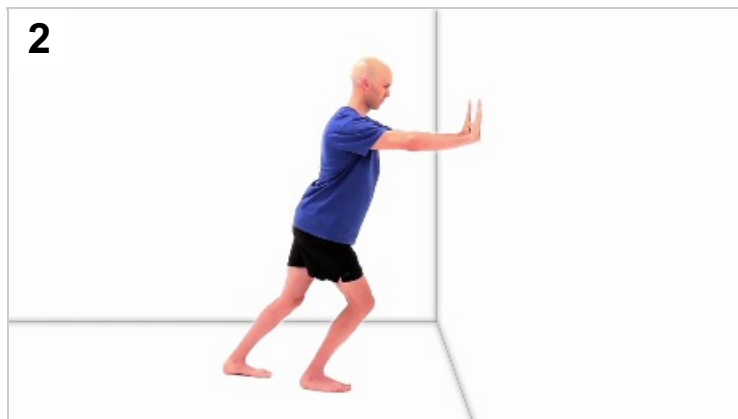
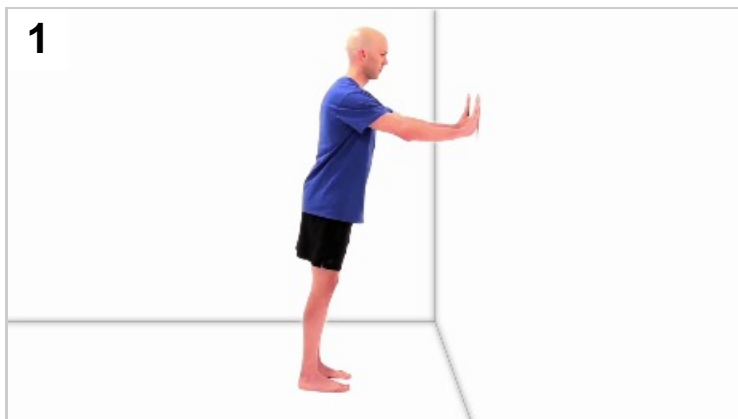
Soleus Stretch on Wall

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.

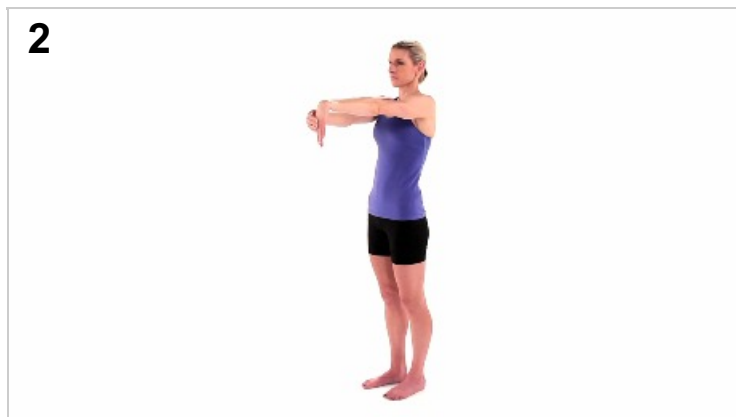
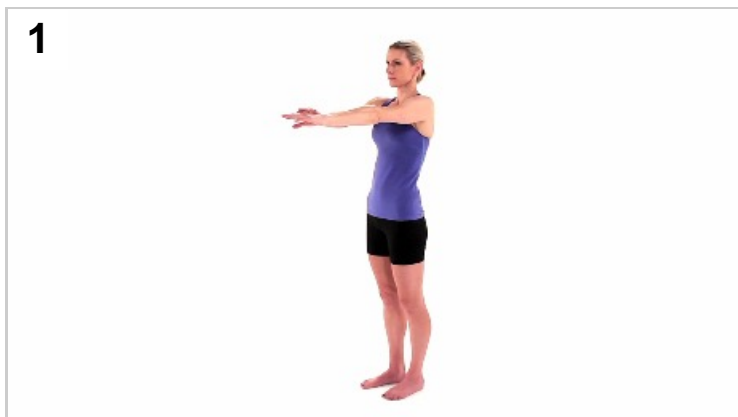
Standing Wrist Flexion Stretch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

Movement

With your other hand, bend your wrist downward until you feel a stretch.

Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

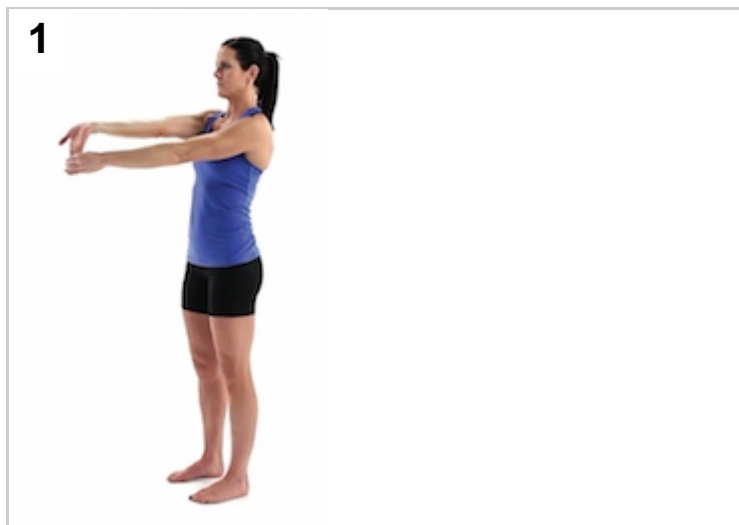
Standing Wrist Extension Stretch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

Quadriceps Mobilization with Foam Roll

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin by lying on your stomach with a foam roller under your upper thigh. Your elbows should be supporting your body, and your other leg can be resting on the ground.

Movement

Now very slowly roll your leg back and forth over the foam roller.

Tip

Make sure to keep your back straight during the exercise.

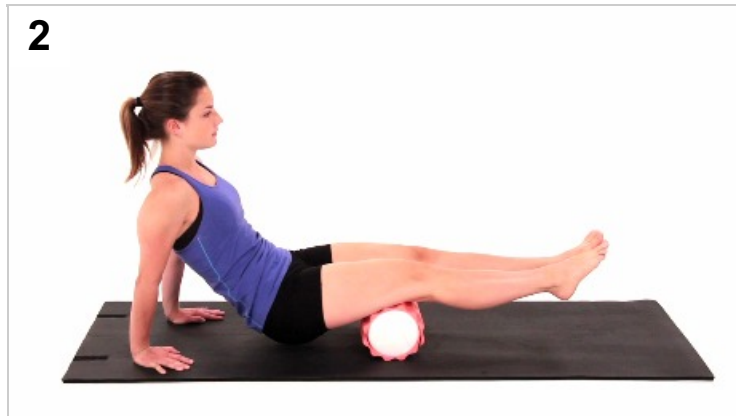
Hamstring Mobilization on Foam Roll

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting on the floor with your legs straight and a wrapped foam roll horizontally under both of your thighs.

Movement

Roll your thighs back and forth over the foam roll, using your arms for support.

Tip

You can adjust the pressure by changing how much of your body weight is resting on the roll.

Sidelying IT Band Foam Roll Mobilization

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your side with your hip resting on a foam roll, your upper leg crossed in front of the other, and that foot resting on the ground.

Movement

Slowly roll the side of your leg up and down the foam roll. Don't roll past your knee.

Tip

Make sure to keep your back straight throughout the exercise.

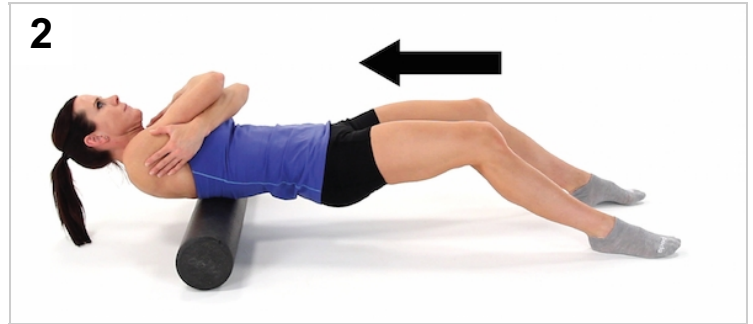
Thoracic Mobilization on Foam Roll

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Lie on your back with a foam roller positioned horizontally across your mid back, and arms crossed in front of your body. Bend your knees so your feet are resting flat on the floor.

Movement

Slowly roll back and forth over the foam roller.

Tip

Do not allow your low back to arch during the exercise.

Thoracic Y on Foam Roll

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin lying with a foam roll lengthwise under the middle of your back with your hands crossed over your stomach.

Movement

Raise your arms overhead into a Y position, letting them drop toward the floor. Hold, then bring your arms back to the starting position and repeat.

Tip

Make sure not to arch your back as you raise your arms overhead.

Latissimus Mobilization on Foam Roll

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin on your side with your bottom arm straight and a wrapped foam roller resting under the side of your ribcage.

Movement

Gently roll the side of your body over the foam roll.

Tip

You can adjust the pressure by changing how much of your body weight is resting on the roll.