

Notes :

1 Glute bridge, pelvic rotation



Lie on your back with your knees bent.
Tilt hips forward and back to just before pain starts --> tailbone to head, squeeze bottom, back should be straight
Lift the hips, pushing with the heels, so your thighs are parallel to the torso.

Sets: 1-2 Reps: 8-15

2 Frog bridge



Lie on your back with your knees bent and heels together.
Squeeze your heels together, tighten the core and lift your buttocks until your trunk is aligned with your legs.
Slowly return to the initial position and repeat.

Sets: 1-2 Reps: 8-15

3 Glute bridge on toes (5 sec hold)



Lay on your back on the floor with your knees bent, your feet shoulder width apart and your arms on the sides.
Raise on your tip toes and squeeze your glutes to lift your buttocks, until your thighs are in line with your torso.
Do not extend the lower back.
Hold the position for 5 seconds.
Come back down and repeat the exercise.

Sets: 1-2 Reps: 8-15

4 Glute bridge w/ knee ext.



Start on your back with your knees bent.
Lift the hips to go into a bridging position.
From this position, extend one knee at a time, keeping the thigh in alignment with the other.
Return the foot on the ground and repeat alternately for the prescribed number of repetitions.

Sets: 1-2 Reps: 8-15

5 Scissors - Increase the tap distance



Lie on your back with your knees bent up in a double tabletop position.
Lower your left leg and tap the tips of your toes on the mat, increasing the tap, float this leg back into tabletop and switch legs.

Sets: 1-2 Reps: 8-15

6 Bicycle



Lie on your back.
Bend one knee and bring it towards your chest, and then the other, as in a bicycling motion (your legs should be at about 75 degrees from the bed).
Lower your legs to the bed.

Sets: 1-2 Reps: 8-15

7 Swimming Level 4



On your hands and knees. Reach your left arm forwards off the mat. Simultaneously slide the opposite foot along the floor away from the body, continue to reach the leg lifting it off the mat. Lower this arm and leg. Repeat alternating arms and legs.

Sets: 1-2 Reps: 8-15

8 Leg Pull in prone prep level 1



On your hands and knees. Curl your toes under to rest on the balls of your feet. Hover your knees one inch off the mat, keeping neutral alignment through-out the spine. Hold a few seconds and lower your knees to the mat.

Sets: 1-2 Reps: 8-15

9 Leg pull in prone prep Level 2



On your hands and knees. Curl your toes under to rest on the balls of your feet. Hover your knees one inch off the mat. Then glide your body forwards and lower your pelvis to form a long plank position. Glide your body backwards bringing your hips over your knees. Then lower your knees to the mat.

Sets: 1-2 Reps: 8-15

10 Clam Level 2



Lie on your side with your shoulders and hips stacked. Hips bent to approx.45 degrees and knees bent to 90 degrees. Then lift both feet into the air approx. 8 inches. Lift the top knee upwards, keeping the feet together and lifted off the mat. Lower the top knee onto the bottom leg, keeping the feet lifted off the mat.

Sets: 1-2 Reps: 8-15

11 Side leg lift - straight knee



Side lying. Gently draw the sitting bones towards one another to engage the gluteals.
Exhale and lift the top leg upwards, keeping the leg straight.
Inhale and lower the top leg onto the bottom leg.

Sets: 1-2 Reps: 8-15

12 Side kick - straight leg



Side lying. Head supported. Gently draw the sitting bones towards one another to engage the gluteals and lift the top leg upwards, keeping the leg straight, flex the hip to bring the knee forward and extend the hip back, keeping the knee straight.

Sets: 1-2 Reps: 8-15

13 Side bridge+hip abduction



Lie on your side, bend your knees to 90 degrees and place your legs in line with your body.
Place your elbow on the floor right underneath the shoulder.
Lift the pelvis from the floor and extend the top leg.
Lift your leg as high as possible.

Sets: 1-2 Reps: 8-15

14 Side plank



Lie on the side with the elbow positioned under the shoulder.
Prop yourself on the elbow to go into a side plank position and hold, keeping the torso, hips and feet in a straight line.



Sets: 1-2 Reps: 8-15

15 Squat with resistance band



Remember to contract your pelvic floor muscles before you lower into the squat position

Stand with your feet facing forward at hips width.

Tie a yellow theraband around your knees, just above them. The band should be taut and pulls the knees inward.

Lower your body to a squat position by pushing your hips backward, bending your knees while keeping your back neutral.

Squeeze your buttocks to resist the pull of the band inwards and keep your knee caps aligned with the center of your feet (second toes). Do not let the band pull your knees inward.

Return to the standing position. Repeat exercise

Sets: 1-2 Reps: 8-15

16 Side lunges (side squat)



Stand with both feet wide apart and your hands together in front of you. Lean to one side, keeping your knee cap in line with your 2nd toe and a slightly arched back. Push through your heel to return to the starting position and repeat on the other side.

Sets: 1-2 Reps: 8-15

17 Bulgarian split squat



Start in a split squat position with your rear foot elevated on a step. Bend the knees to lower your body. Do not move your weight forward as you lower.

Sets: 1-2 Reps: 8-15

18 Shoulder flexion with mini-squat



Stand up holding a band in both hands. Position your shoulders in the proper position and relax them to let them drop (don't force). Lift both arms above your head with elbows kept straight-in extension. Bend your knees into a mini-squat as you raise your arms into a shoulder flexion and a mild abduction at the same time. Lower your arms to the starting position as you straighten your knees.

Sets: 1-2 Reps: 8-15

19 Lunge PNF elastic



Stand in a split stand with the front foot stepping on a band. The opposite hand holding the band firmly.
Lower straight down creating a 90° angle at the knee and hip. Do not let your front knee pass the ankle keep your knee cap in line with the second toe and do not touch the floor.
As you go down raise the arm holding the elastic in a diagonal pull towards the ceiling turning your thumb outward.

Sets: 1-2 Reps: 8-15

20 Squat with arms and leg abd.



Hold a pair of dumbbells at your sides and stand with your feet hip-width apart. Brace your core and lower your body into a squat.
As you return to standing, lift one leg out to the side while raising your arms until they're parallel to the floor.
Repeat with the opposite leg, and continue alternating until you complete all the reps.

Sets: 1-2 Reps: 8-15

21 Back lunge + high knee



Stand with your feet hip-width apart.
Do a back lunge (also called a reverse lunge). Then, drive the same leg forward and up to bring the knee toward the ceiling as much as possible while keeping your back straight and knees pointed forward or slightly out.
Repeat as prescribed.

Sets: 1-2 Reps: 8-15

22 Squat pallof press



Maintain a shallow squat position (sit hips back). Hold an elastic band in your hands-attached to an object located on the side at chest height. Keep your core/abdomen braced and press your hands straight forward in line with your chest and hold the position for a few seconds. Your body must not rotate as you resist the pull of the elastic. Engage the shoulder blades down and back, and keep the hands/elbows low.

Sets: 1-2 Reps: 8-15

23 Lunge with UB rotation (shoulder level)



Stand with your feet hip-width apart and hold a stick or a ball in your hands.
Step forward and load your body weight on the front leg. Both knees are slightly bent, front foot flat on the floor and back leg on the toes.
As your step forward, rotate the trunk and arm over the front leg.

Sets: 1-2 Reps: 8-15

24 Sidestep with band



Start in a squat position with a band around your ankles. Keeping the band taut at all times, step to the side. Push the knees out while taking the steps so they don't cave in. Each step is about 50% of the starting position stance.

Sets: 1-2 Reps: 8-15

25 Monster walk



In standing place small looped TheraBand around your feet. Gently pull your feet to be hip width apart (the band should be under a good amount of tension). Take a large step forward and out diagonally with one leg, then repeat with the other leg, always maintaining tension on the band.

Sets: 1-2 Reps: 8-15

26 One arm elastic row



In a split stance position, bend over with your back straight. Step on one end of a band and hold the other end in your hand. Row the band without rotating the trunk. Keep the shoulder back and chest up. Keep the head still during the movement.

Sets: 1-2 Reps: 8-15

27 Standing upright row



Stand up with the soft end of the powerswing trainer under one foot (either one). Pull the band to your chin with your elbows high. Lower and repeat. Perform the movement in a slow, controlled manner.

Sets: 1-2 Reps: 8-15

28 Band pull across body



Stand up with a band or cable placed down low on one side. Hold the band with your opposite hand. Then, extend your arm out and up to abduct the shoulder and extend the elbow. Reverse the steps to come back to the starting position and repeat.

Sets: 1-2 Reps: 8-15

29 Split stance bow and arrow



Stand up with the extremities of a band in your hands-your body should be turned sideways facing the band anchor point, with one foot and the same-side hand forward.
Pull the band with your back hand and push/reach forward with your front hand in a reciprocal movement.
Repeat the exercise.

Sets: 1-2 Reps: 8-15

30 Standing Elastic Row



- Keep your back straight and abs tight - Hold the rubber band tight with your hands apart - Bring the highest hand near the opposite hip - Spread your feet - Pull arms straight from high to low

Sets: 1-2 Reps: 8-15

31 Shoulder abduction w/ elastic



Stand straight with your arms by your side and hold a piece of tubing in each hand. Keep your arms straight and at shoulder level.
Pull your arms by stretching the tubing as wide as possible.
Hold for the recommended time.
Relax and return to the starting position.

Sets: 1-2 Reps: 8-15

32 Flexion w/ isometric ext. rot.



Stand upright with the shoulder blades slightly pulled down and back, and with the elbows at your sides and bent to 90 °.
Place a band around your wrist and push out until the hands are slightly farther out than the elbows-until you feel a slight resistance.
Slowly raise both arms forward, keeping the elbows tucked in and tension on the band.

Sets: 1-2 Reps: 8-15

33 Lats pull down, band



Sit in a chair and place the central knot of your band in a door opposite to you, as high as possible.
Hold the remaining ends of the band in each hand.
Drawing your shoulder blades toward the ground, pull down and out on the band.

Sets: 1-2 Reps: 8-15

34 Child's pose

Begin kneeling on all fours. Push back and reach your arms out in front of you. To make more room for your body, separate your thighs for wide-knee version of the child's pose.



Reps: 2 Hold: 15-20 secs

35 Thread the needle

Start in a four point position with your hands directly under the shoulders and the knees under the hips. With one arm reach under the other as far as possible rotating and rounding your upper back. Bring your arm back and reach back in the opposite direction as far as possible.



Reps: 2 Hold: 15-20 secs

36 Piriformis stretch

Cross the legs with the leg to be stretched on top. Gently pull the lower knee toward the chest with your hands placed under the knee until a stretch is felt in the buttocks.



Reps: 2 Hold: 15-20 secs

37 Stretching quadriceps

Stand in front of a chair and hold on to it with one hand. Grab the top of one ankle with one hand and pull your foot towards your buttock until you feel a gentle stretch in front of the thigh. Hold the stretch for 30 secs, keeping your lower back neutral and return to the initial position x3.



Reps: 2 Hold: 15-20 secs

38 Hip flexor stretch

With your feet hip width apart and pointing forward, bring one leg back to get the knee on the ground. You should feel a stretch in front of your hip/thigh. Keep your back straight during the stretch and push your hips slightly forward by squeezing the glutes.



Reps: 2 Hold: 15-20 secs

39 Stretching hamstrings



Stand up straight in front of a stool. Place one foot on the stool and straighten your knee.
Lean your body slowly forward over your leg while keeping your knee straight, until you feel a stretch across the back of your leg.
Return your body to its original position.

Reps: 2 Hold: 15-20 secs