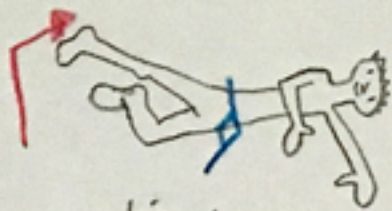


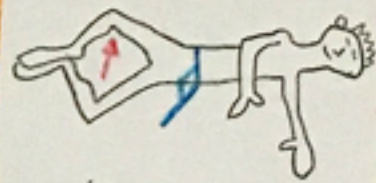
① IT Band



- hips \perp to floor
- up and back
- both sides

Hard ankle weights

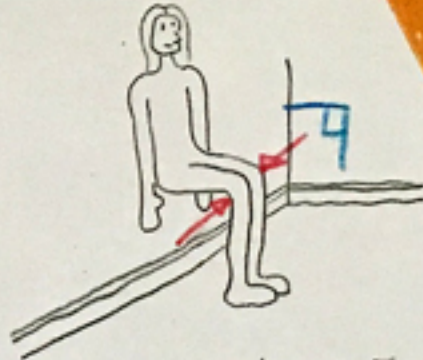
② Clam



- hips \perp to floor
- knees apart
- both sides

Hard bands

③ Wall sit

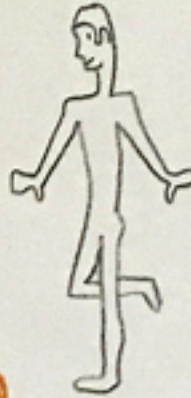


- squeeze knees together, small pillow/hat for padding

- knees \perp
- body + thighs \perp

Hard - increase time

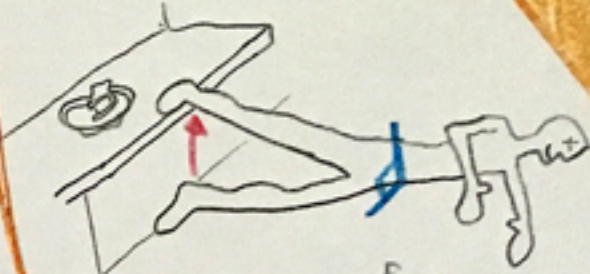
④ 1 FOOT STAND



- stand on 1 foot for 5 min
- both sides

Hard - wobble board

⑤ ADDUCTORS

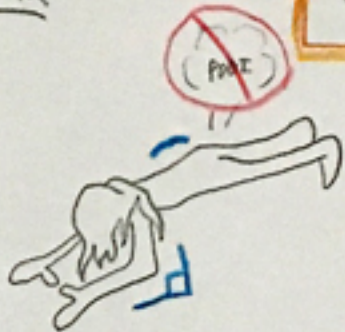


- hips \perp to floor
- both sides

Hard ankle weights

- counter (higher than chair)

⑥ Plank



- you all know it 😊
- suck belly in
- squeeze your farts in
- don't let lower back sag
- KEEP slightly arched or flat

Hard insteps on ex. ball

⑦ hip flexors



- 3 FOOT POSITIONS
- both sides

Hard Ankle weights

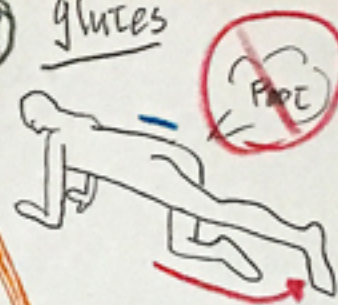
⑧ Fire hydrant



- suck belly in
- squeeze farts in
- lower back straight
- knee @ \perp

Hard ankle weights

⑨ glutes



- suck belly in
- squeeze farts in
- lower back straight
- legs slightly DNE

Hard ankle weights

⑩ Single leg Squat



- back straight
- up + down, no further than $\sim 45^\circ$

Hard backpack w/ weights

⑪ Solens



- All the way down
- All the way up
- weight or kids on knee

Hard - more weight

⑫ Achilles



- all the way \downarrow
- all the way \uparrow on toes

Hard - backpack w/ weights