



Notes:

TFL - Standing

Stand approximately 2 feet from a wall with one hip facing the wall (or chair for support).
Cross foot furthest from wall over in front of opposite foot.
Bend the knee of the leg that is in front, and keep the back leg straight.
Lean hip into wall, and lean upper body away to feel a stretch in the side of the hip closest to the wall.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Quads Standing

Standing tall, raise one heel toward buttocks (grasp above ankle joint).
Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh.
Can support body with hands on a chair, to avoid bending forward.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Active Hamstrings / 'Good Mornings'

Standing with feet shoulder width apart and knees soft.
Bend straight forward, hinging at the hips and not rounding the spine, to feel a stretch in the hamstrings.
Hold briefly then raise up leading with the back of the head. Repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Active Hip Flexors / Lunges

Standing with feet shoulder width apart, take a long step forward and lower down into a lunge position. Keep upper body tall to feel a stretch in the hip flexors. Return to starting position and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Active Adductors / Side Lunge

Standing with feet shoulder width apart. Take a long stride out sideways into a side lunge position, lowering body down over bent knee. Raise body up to start position and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Active Calf - Stair

Standing with heel off edge of a stair. Raise up onto the toe to tighten the calf muscle, then relax down and drop the heel past the stair level to stretch the calf.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Active Pecs / Horizontal Abduction

Sitting or standing with hands open, palms together in front of stomach. Begin with arms below shoulder level. Inhale. Exhale and actively bring arms straight back as far as possible keeping tall posture. Hold briefly at stretch position and return to start position. Repeat motion raising level of arms each time until arms are up in a 'Y' position. Repeat the process back down to the start position.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Tibialis Anterior

Standing, place top of foot on floor behind you. Bend knees slightly. Pull as though you are dragging top of foot along floor to feel a stretch in the shin.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes: