

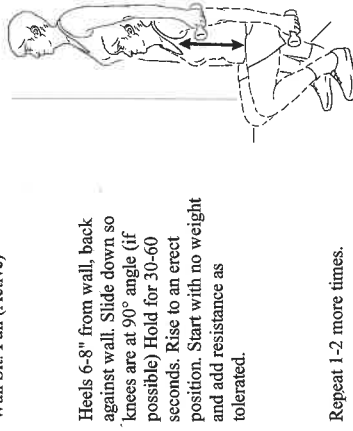
INSTRUCTIONS

For all exercises, maintain an erect torso and abdominal engagement. Move in a controlled fashion and focus on contracting the muscles being used.

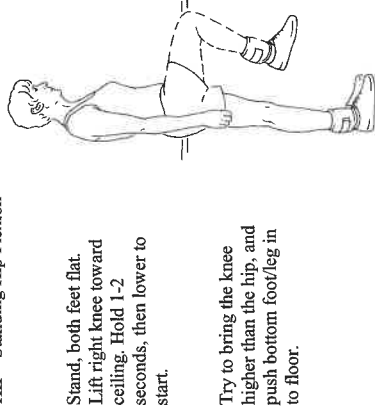
Start with no resistance and add ankle weights (if you have them) as tolerated.

For all exercises except the Wall Sit, start with 1 set of 12-15 reps and work up to 2-3 sets of 15-20 reps.

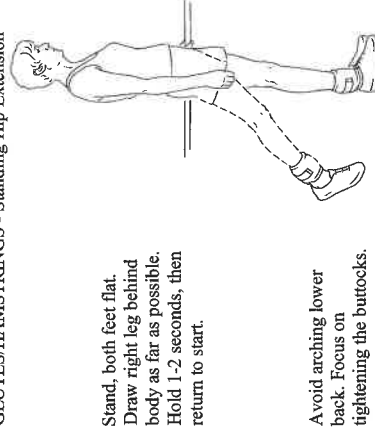
QUADS/GLUTES/HAMSTRINGS - Wall Sit: Full (Active)



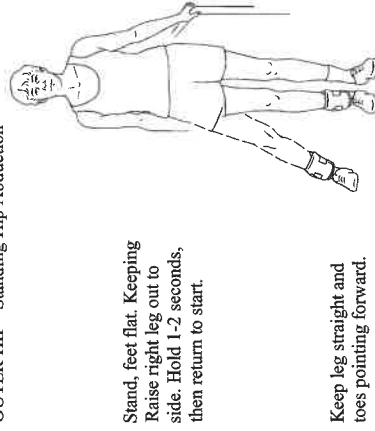
HIP - Standing Hip Flexion



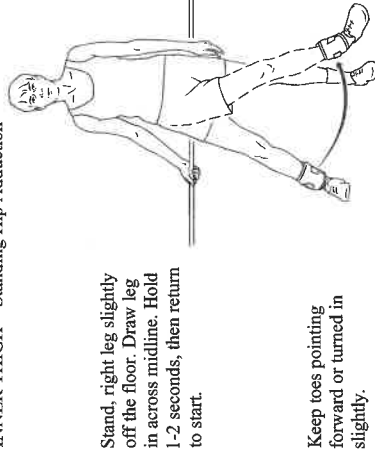
GLUTES/HAMSTRINGS - Standing Hip Extension



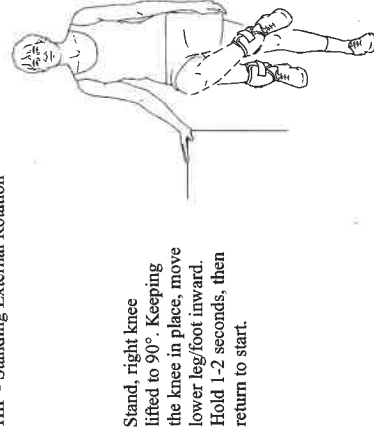
OUTER HIP - Standing Hip Abduction



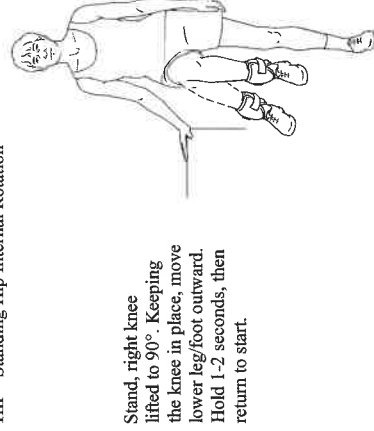
INNER THIGH - Standing Hip Adduction



HIP - Standing External Rotation



HIP - Standing Hip Internal Rotation



HAMSTRINGS - Standing Leg Curls

