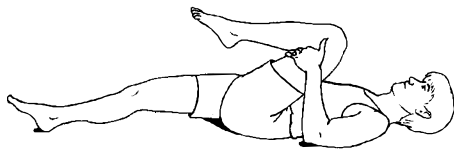


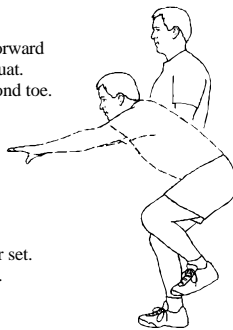
HAMSTRINGS - 1 Knee to Chest



Gently pull knee to chest until stretch is felt. Hold 30 seconds. Repeat with other knee.
 Repeat 2 times. Do 1-2 sessions per day.

LOWER EXTREMITY - 4 Mini Squat: Single Leg

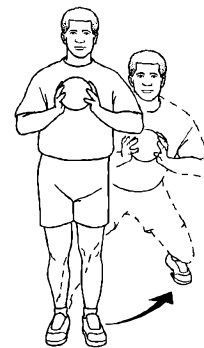
Stand on right foot. Reach forward for balance and do a mini squat. Keep knees in line with second toe. Knees do not go past toes. Keep knees together.



Repeat 30 times.
 Repeat with other leg for set.
 Rest seconds after set.
 Do 3-4 sets per session.

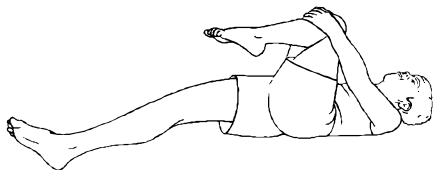
MEDICINE BALL - 10
 Lower Extremity:
 Lunge (45° Backward)

Hold 6-8 pound ball in front of chest. Lunge diagonally backward.



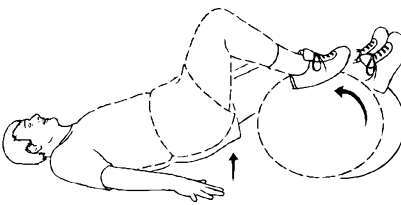
Repeat 30 times.
 Repeat with other leg for set.
 Rest seconds after set.
 Do 3-4 sets per session.

HIP OBLIQUE - 5 External Rotators



Clasp hands around knee and gently press it toward opposite shoulder. Hold 30 seconds. Feel stretch in buttocks and outside of the hip. Repeat with other leg.
 Repeat 2 times. Do 1-2 sessions per day.

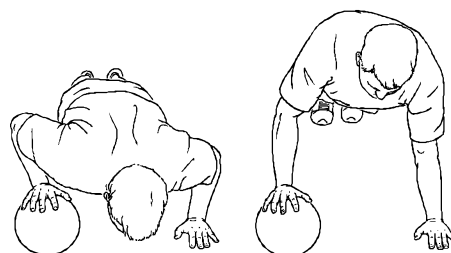
TRUNK - 17 Gymball: Hamstring Curl (Double Leg)



Lie on back, calves on ball, buttocks on floor. Raise buttocks then roll ball toward buttocks.

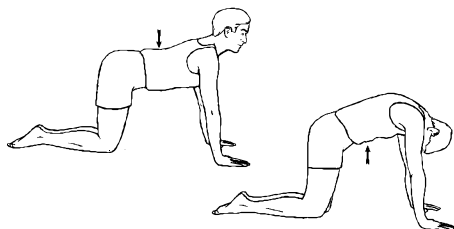
Repeat 40 times per set.
 Lower buttocks to floor between rolls.
 Hold buttocks off floor between rolls.
 Rest seconds after set. Do 3-4 sets per session.

UPPER EXTREMITY - 39 Push-Up (Single Hand on Ball)



Perform push-up, right hand on 6-8 pound ball.
 Repeat 30 times. Repeat with other hand for set.
 Rest seconds after set. Do 3-4 sets per session.

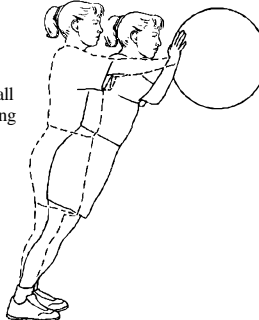
LOWER BACK - 6 Lumbar Extensors



From starting position, tuck chin and tighten stomach while arching back. Hold 30 seconds.
 Repeat 3-4 times. Do 1-2 sessions per day.

UPPER EXTREMITY - 11 Wall Push-Up: Double Arm (Gymball)

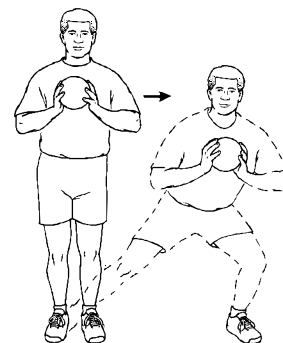
Stand 3-4 feet from wall with both hands supporting a gymball on the wall. Perform a push-up.



Repeat 50 times per set.
 Rest seconds after set.
 Do 3-4 sets per session.

LOWER EXTREMITY - 8 Lunge (Lateral)

Hold 8 pound ball in front of chest. Lunge to side on left leg.



Repeat 30 times.
 Repeat with other leg for set.
 Rest seconds after set.
 Do 3-4 sets per session.

CHEST AND ABDOMEN - 1 Abdominals (Mild)

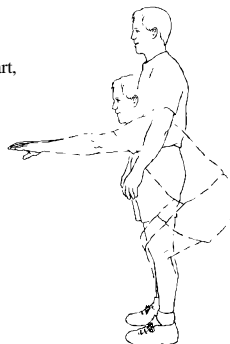
With hands in small of back, arch back until stretch is felt. Hold 30 seconds.



Repeat 3-4 times.
 Do 1-2 sessions per day.

LOWER EXTREMITY - 2 Mini Squat: Double Leg

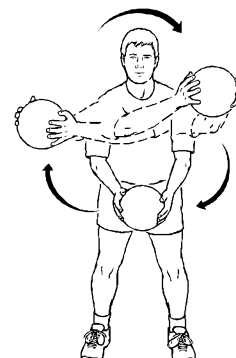
With feet shoulder width apart, reach forward for balance and do a mini squat. Keep knees in line with second toe. Knees do not go past toes.



Repeat 40 times per set.
 Rest seconds after set.
 Do 3-4 sets per session.

TRUNK - 4 Circle

Hold a 6-8 pound ball with arms straight. Rapidly move arms in circle counterclockwise. Repeat clockwise for set.



Repeat 30 times per set.
 Rest seconds after set.
 Do 3-4 sets per session.