
Notes :

1 Sit to stand

Sets: 2-3 Reps: 8-15

Sit on a chair that have been placed against a wall to prevent slipping.

Interlace your fingers and reach forward with your arms.

With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand.

Slowly return to sitting.



2 Standing hip extension

Sets: 2-3 Reps: 8-15

Stand straight holding a table.

Move your leg as far back as possible.

Make sure not to arch your back.

Return and repeat.

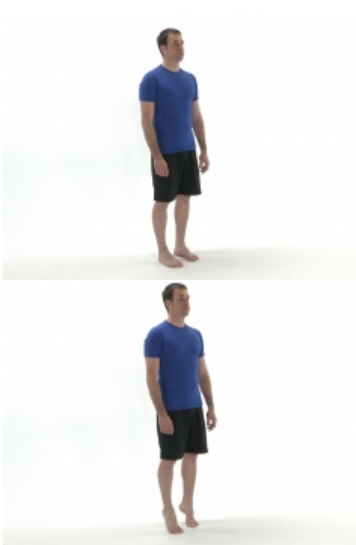


3 Hip abduction



Stand up straight and keep your balance by holding onto a stable object.
Tie a weight around your ankle.
Lift your leg out to the side with your knee straight and foot facing forward. Do not rotate the foot outward while lifting the leg.

4 Standing plantar flexion



Sets: 2-3 Reps: 8-15
Stand upright and raise on the tip of your toes.
Lower yourself and repeat.

5 Active ankle dorsiflexion



Sets: 2-3 Reps: 8-15

Sit up straight in a chair with your feet slightly apart.

Keeping your heel on the ground, lift your forefoot up as high as you can.

Return to the initial position and repeat.

To progress, repeat with a weight above your foot.

6 Wall push-ups



Sets: 2-3 Reps: 8-15

Stand at one arm's length from a wall.

Increase the distance to increase the difficulty of the exercise.

Place your hands on the wall.

Bend your arms and lean your upper body forward slowly.

Straighten your arms and push your upper body back.

Keep your body in a straight line.

Prevent your lower back from arching by lightly engaging the abdominals and by squeezing the glutes.

7 tricep push-up, wall



Sets: 2-3 Reps: 8-15

Stand in front of a wall in a plank position holding yourself up with both arms shoulder width apart .

Keeping elbows tucked in close to sides, slowly lower towards the wall keeping your chin-in and your shoulders and trunk stable. Push up through the palms of your hands , feeling the work from the back of the upper arms

8 Glute bridge w/ spine curl



Sets: 2-3 Reps: 8-15

Start in crook lying.

Lift yourself up, peeling one vertebra at a time until your thighs are about on a straight line with your torso.

Lower yourself on the floor doing the reverse motion of putting down one vertebra on the ground at a time.

Do not lift the head off the floor.

9 Bent knee fall out



Lie on your back with your knees bent and your lower back in neutral position (slightly arched).

Engage your core by recruiting your pelvic floor and transverse abdominis.

Maintain a steady abdominal breathing while you open one leg to one side, keeping your lower back and the other leg completely still. Return to the middle and repeat with the other leg.

10 Bird dog



Sets: 2-3 Reps: 8-15

Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders.

Your back is in a neutral position (slightly arched) and your chin must be tucked in.

Tighten slightly your abdominals and lumbar muscles, then lift one arm and the opposite leg without allowing the trunk or pelvis to move or rotate.

Try to grab something far away in front of you with your hand and touch an imaginary wall far behind you with your foot instead of just lifting them up.

Lower your leg and arm back to the floor and repeat with the other leg and the opposite arm.

11 TA activation, hip flexion



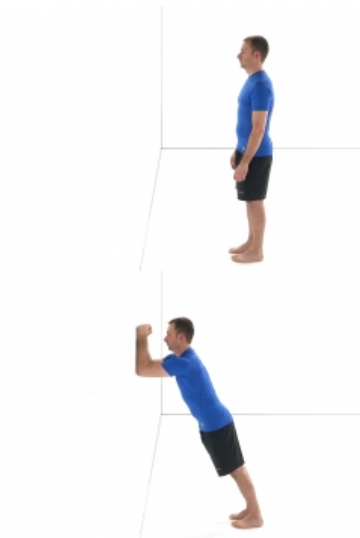
Lie on your back with your knees bent and your back in neutral position (slightly arched). Engage your core by recruiting your pelvic floor and transverse abdominis.

Maintain a steady abdominal breathing while you lift one leg up to 90 degrees at the hip keeping, the knee bent.

Keep your back and pelvis completely still at all times.

Return slowly to the initial position and repeat with the other leg.

12 Front plank on the wall



Sets: 2-3 Reps: 8-15

Stand facing a wall at an appropriate distance so when your forearms will be on the wall, you'll be in a slight angle to work your abdominals.

Put your forearms on the wall at about shoulders height and hold the position with your body in a straight line.

The further you are from the wall, the more difficult the exercise will be.

13 Pelvic tilt



Lie on your back with your knees bent. Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of maximal contraction. Maintain a steady abdominal breathing while tilting your pelvis and flattening your back to the ground. Return slowly to the initial position and then arch your back, tilting your pelvis in the opposite direction. Return to neutral and repeat.
