

Exercise Name	Form Tips	Reps	Sets
ACTIVATION			
A1: Fire hydrants	-hands placed under the shoulders, knees placed under the hips -keep hips parallel when raising the leg, squeeze the glutes at the top	15x each leg	3
A2: Super man's	-extend arms and legs out, squeeze the glutes and activate the low back at the top	20x	3
A3: Walkouts	-keep the legs as straight as you can going down and back up, don't let the hips drop, keep the core tight	10x	3
A4: Lateral walks	-knees and hips stay bent the whole time (stay low), keep the toes pointed forward -start with feet hip width apart	15 each way	3
MOBILITY			
B1: Hip circles (forward and back)	- hands placed under the shoulders, knees placed under the hips -circle leg forward and back, then vice versa	10x each way	3
B2: Wall angels	-try to keep the back flat on the wall and the shoulders sliding up and down the wall	10x each arm	3
B3: Hip flexor extensions	-lean the hips down and forward	8x each leg	3
B4: Cat/cow	-cow: suck the belly in, round the back, spread the shoulder blades apart, drop the head in between the shoulders -cat: raise the head up, arch the back	8x each way	3
BALANCE/STABILITY			
C1: Single leg RDL	-keep the chest tall, bend the hips, slight bend in the standing knee, keep the hips pointed towards the ground -to modify for balance, place hand on the wall	10x leg	3

<p>C2: Forearm plank with a single arm reach out</p>	<p>-keep the core tight, keep the hips pointed down towards the floor, don't let the hips drop</p> <p>-to modify, drop the knees</p>	<p>10x each arm</p>	<p>3</p>
<p>C3: Standing lateral leg raise</p>	<p>-to modify for balance, place on hand on the wall</p> <p>-raise the leg and squeeze the glutes at the top</p>	<p>10x each leg</p>	<p>3</p>
<p>C4: Reverse plank</p>	<p>-fingers facing towards the feet, keep the hips up, legs straight out in front</p> <p>-do not lift from the low back, engage the core</p> <p>-to modify, bend the knees and be in a reverse table top</p>	<p>30 seconds</p>	<p>3</p>