



Notes :

1 Lateral step-touch



Take a step sideways and follow with the other foot.
Repeat on the other side.
You can build up the intensity slowly.

Duration: 30-60sec.

2 Front-back step-touch



Take a step forward with one foot and follow with the back foot.
Take a step backward with one foot and follow with the other foot.
Repeat.
You can build up the intensity slowly.

Duration: 30-60sec.

3 Lateral butt kick



Take a step sideways and lift the heel to touch the same-side buttock.
You can add arm movement if you want to.
You can build up the intensity slowly.

Duration: 30-60sec.

4 Warm-up Knee-elbow



Stand with your feet wide apart.
Quickly lift your knee to the opposite elbow
Return and repeat with the other leg.

Duration: 30-60sec.

5 Bodyweight box squat



Stand back to a box/bench that is about knee height.
Cross your hands over your chest.
Keep your core engaged and sit back on the bench/box without relaxing completely in the bottom position.
Engage the glutes to push back up to the standing position.

Sets: 2 Reps: 10 Tempo: slow

6 Sumo squat + lat raise



Stand up with your legs turned slightly out in wide stance.
Hold the weight in front of you.
Squat down, and raise both arms to 90° to the side when you stand up.
Lower the arms when you squat down.

Sets: 2 Reps: 10 Tempo: slow



7 Standing hip flexion



Stand on one leg and bend over, keeping the body and leg in line with each other. Touch the floor with the opposite hand. Return to the starting position.

Sets: 2 Reps: 10/side Tempo: slow

8 Combo biceps/shoulder



Stand with dumbbells in your hands and curl the dumbbells up in neutral grip (palms facing each other). At the top of the curl, press the dumbbells overhead. Do not swing the weight up.

Sets: 2 Reps: 10 Tempo: slow

9 Plank with arm lift



Keep the body stable and put your hands on a table or countertop. Your torso and legs should be in a straight line. From this plank position, lift one hand off the table and touch the opposite shoulder. Brace the core to prevent any rotation of the torso as you lift the hand. Keep the head in line with the spine during the movement. Keep the shoulder blade of the support arm stable on the rib cage as you lift the opposite arm.

Sets: 2 Reps: 10/side Tempo: slow

10 Stabilization, hip flexion



Place your elbows on a small bench or a chair and extend your legs to make a straight plank with your body. Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction. Maintain a steady abdominal breathing while you slowly bend one knee and lift your thigh towards your belly without letting your pelvis turn. Slowly lower your leg and repeat with the other one.

Sets: 2 Reps: 10/side Tempo: slow

11 Seated hamstrings stretch



Sit on the edge of a sturdy chair with one leg straight out in front of you and the other knee bent. Stick your hips back while keeping your back straight, as you bend forward to feel a stretch behind your straight leg. Hold the position for the recommended time.

Duration: 30-60 sec/side

12 Glutes stretching, figure 4



Sit on a chair having one foot over the opposite knee in a figure 4 position. Push on your knee to open the leg and straighten your back while you move your upper body forward until you feel a comfortable stretch in your buttock. Hold the stretch.

Duration: 30-60 sec/side



13 Pectorals flexibility



You can do this stretch while standing or sitting in a sturdy, armless chair. Keep your feet flat on the floor, shoulder-width apart. Hold arms to your sides at shoulder height, with palms facing forward. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a comfortable stretch.

14 Lateral muscles stretch



Sit up straight in a chair and look directly ahead of you. Lift one arm up and above your head and slowly bend sideways while reaching down with the opposite hand, until you feel a stretch at the side of your trunk. Relax. When you bend your trunk sideways, do not twist or lean forward. Keep your body straight and facing forward.

Duration: 30-60 sec/side

15 Quadriceps stretch



Stand with one hand on a sturdy chair for balance. With the free hand, grab your ankle and flex the knee by bringing the heel toward the buttocks until you feel a comfortable stretch in front side of your thigh. Keep the lower back straight and hold the position for the recommended time.

Duration: 30-60 sec/side