

1. Hip Flexion AROM | Bent Knee

Sets: 2-3 | Reps: 10 | Hold: 5-10 secs

Preparation:

- Stand with good posture



Stand with good posture



Lift knee high

Execution:

- Lift one leg up
- Return to the start position with control

2. Split Squat - Running Form

Sets: 3 | Reps: 10

Preparation:

- Stand in a stride stance

Execution:

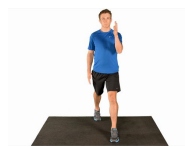
- Lower back knee towards the ground, moving your arms in a running pattern
- Keep your front knee in line with your toes
- Rise back up at hips



Start Position



Lower back knee towards the ground, moving your arms like running



Start Position



Keep front knee inline with toes

3. Split Squat + Oblique Twist (Ball)

Sets: 3 | Reps: 10

Preparation:

- Stand in a stride stance
- Hold ball as shown

Execution:

- Lower back knee toward the ground
- Twist to one side
- Now twist to the other
- Maintain core control throughout



Start position



Split squat



Twist to one side



Twist to other



4. Overhead Squat (Bar)

Sets: 3 | Reps: 10

Preparation:

- Stand with good posture, feet are shoulder width apart
- Hold a bar above your head as shown

Execution:

- Perform a squatting motion initiating by bending at the hip
- Rise up by straightening at the hip



Start Position



Squat by bending at the hips



Knee aligned with toes



Keep arms straight over head

5. Airplane

Reps: 10 | Hold: 10 secs

Preparation:

- Stand with good posture

Execution:

- Bend at the hip reaching leg straight back
- Keep the back leg and spine straight



Stand tall



Reach straight
back for
Airplane



Tall



Back leg is
straight and in
line with body