

Bodyweight Squats

Stand with legs slightly wider than shoulder width apart. Squat down.



Sets: 2
Reps: 10 - 15

Lunges

Place weighted bar on upper back. Lunge forward. Ensure knees do not go past toes.



Sets: 2
Reps: 10 - 15

Inner Thigh Squeeze

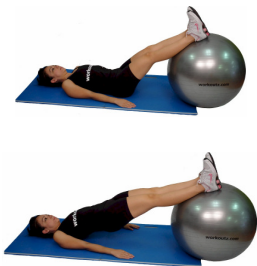
Place ball between knees. Squeeze repeatedly.



Sets: 2
Reps: 10 - 15

Supine Hip Raise

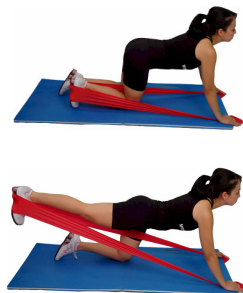
Lie down on your back. Slowly elevate hips off the ground.



Sets: 2
Reps: 10 - 15

Glute Kickback

Secure flat bands around shoe. Extend arms to tighten resistance. Kick leg backward.



Sets: 2
Reps: 10 - 15

Stiff Legged Deadlift

Grasp weighted bar. Keep legs straight and bend down until you feel a stretch.



Sets: 2
Reps: 10 - 15

Crab Walk

Secure O-loop bands around ankles. From a semi-squat position, take several wide steps to side.



Sets: 2
Reps: 10 - 20

Standing Toe Raise

Place ball against the wall. Lean on ball for balance, then stand up on toes.



Sets: 2
Reps: 10 - 15

Seated Calf Raise

Place feet on 2 x 4. Place weighted resistance on thighs (close to knees). Lift heels up and down.



Sets: 2
Reps: 10 - 20