

YOUR DVD CODE: 195 - 760 - 975 - 495 - 145 - 730

1: 195 - Straight Leg Raise in Supine



- Lie on back with one leg bent and the other straight
- Raise straight leg towards ceiling

Sets: 2 Reps: 15 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: Both

2: 760 - Resisted Hip Extension in Standing



- Place band around ankle
- Extend leg backwards

Sets: 2 Reps: 15 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: Both

3: 975 - Hip Hikes



- Place one foot on step
- Slowly elevate hip of free leg
- Return to starting position

Sets: 2 Reps: 15 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: Both

4: 495 - Hip Flexion in Standing



- Stand on step
- Bring knee towards chest
- Return to starting position

Sets: 2 Reps: 15 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: Both

5: 145 - Mini Squat with Hip Adduction



- Stand with feet hip width apart
- Place ball between knees
- Slowly squat as if sitting in a chair
- Return to starting position

Sets: 2 Reps: 15 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: Both

6: 730 - Forward Lunge in Standing



- Stand with good posture
- Draw belly button toward spine
- Lunge forward on one leg

Sets: 2 Reps: 15 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: Both