1

**SINGLE LEG DEAD LIFT**

Stand and balance on one leg.

Next, lean forward towards touching the floor as you extend and lift your leg behind your body. Return to starting original position and repeat.

Repeat 12 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 4 Time(s) a Week

2

**Leg Lock Bridge**

Begin by lying supine with one leg flexed at the hip as shown. Hold one thigh to the chest for a passive lock, the thigh should remain pulled up throughout the movement. Push the opposite heel down into the floor raising the body into a bridge position.

Repeat 12 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 4 Time(s) a Week

3

**HIP HIKES**

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side.

Then return the pelvis/leg back to a leveled position.

Repeat 12 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 4 Time(s) a Week

4

**Clamshells**

Lying on your side, stack your knees and ankles together. Keeping your ankles together, lift your top knee into the air and slowly return to the starting position.

Repeat 15 Times  
Hold 2 Seconds  
Complete 3 Sets  
Perform 4 Time(s) a Week

5

**Hip Flexor Stretch**

Kneeling on right knee, slowly push pelvis down while posteriorly tilting pelvis (tucking tail) until stretch is felt on front of hip.

Repeat 3 Times  
Hold 30 Seconds  
Perform 4 Time(s) a Week

Repeat on other side.

6

**Pigeon Stretch**

Start by getting in a lunge position on the floor and fold one leg under so foot is in front of opposite hip. Lean forward keeping back straight until you feel a good stretch in the hip.

Repeat 3 Times  
Hold 30 Seconds  
Perform 4 Time(s) a Week

7

**HAMSTRING STRETCH WITH TOWEL**

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg, calf area.

Keep your knee in a straightened position during the stretch.

Repeat 3 Times  
Hold 30 Seconds  
Perform 4 Time(s) a Week