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AIYP-2XTM-SG56

#1. Bridge with Resisted Hip Abduction

Start by lying on your back with both knees bent and feet flat on the floor. Place a looped elastic band around your thighs just above the knees. Spread legs approximately shoulder-width apart for desired resistance. Place your arms next to your sides. Raise your hips toward the ceiling by squeezing your abdominals and glutes until your body is in a straight line from your knees to your upper chest. Hold position momentarily, then return to start.

Sets	2
Reps	10
Holds	3-5 Seconds
Daily	1

#2. Hip Abduction - Side Lying

Start by lying on your side with the leg you are exercising on top. While keeping your knee straight, lift your top leg towards the ceiling. Keep your toes pointed forward and your body perpendicular to the floor while going through the motion.

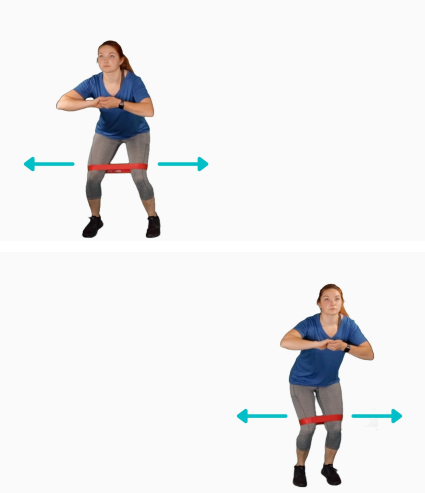
Sets	3
Reps	10
Daily	1

#3. Single Leg Deadlift - RDL

Start by standing with your feet hip-width apart. With straight legs, extend one leg behind you and lean forward with your trunk. It is crucial to hinge at your hips and keep your back in a neutral position. Do not round your back. Reach to touch the floor with both hands, hold momentarily, then return to start. Tip: Make your abs tight and go down slowly

Sets	2
Reps	8
Daily	1

#4. Side Steps with Resistance (Knees)



Start by placing a looped resistance band around both thighs just above your knees. Slightly bend your knees and separate your feet to create mild tension. Keep toes pointed forward throughout the exercise. Take a wide sidestep to create additional tension. Then, step opposite foot closer together to reacquire mild tension. Take sidesteps in each direction as prescribed. Tip: For more resistance, put the band around your ankles.

Sets	4 Laps
Daily	1

#5. Mini Squat

Start standing with feet shoulder-width apart. Slowly bend your knees to approximately 30-45 degrees without allowing your knees to move ahead of your toes. When the depth of squat is achieved, slowly return to starting position. Tip: Go deeper when painfree.

Sets	3
Reps	10
Daily	1

#6. Fire Hydrants

Start on all fours with your knees slightly behind your hips. While keeping your knee bent, raise one leg directly out to the side. Hold momentarily, then return to start.

Sets	3
Reps	10
Daily	1