Strengthening Exercises

Goal: Work toward 3 sets of 10 repetitions for each exercise.

Hold each exercise 5-10 seconds.



Plank



Side Plank



Bridge

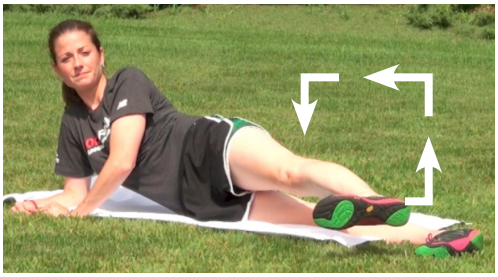


Oblique Twist

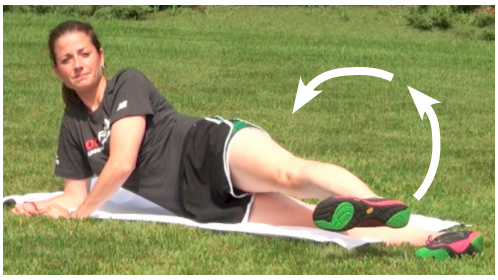


Clamshell

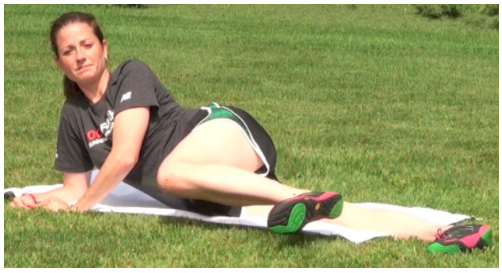
Glute Matrix:



Boxes



Circles



Bicycles



Straight Up and Down

Extras:





Top: Supermans

Above: Supermans Alternating

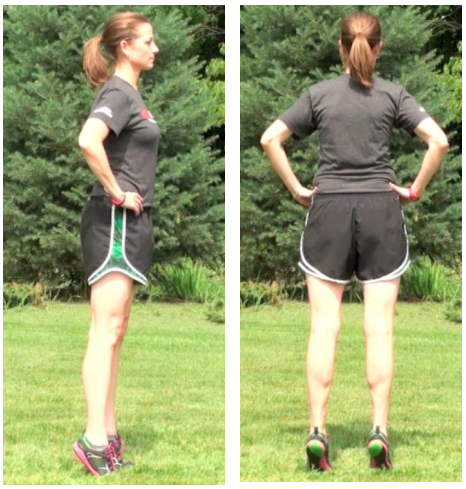


Right: Band Side Shuffle

Strengthening Exercises

Goal: Work toward 3 sets of 10 repetitions for each exercise.

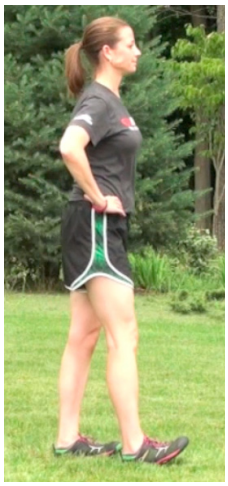
Hold each exercise 5-10 seconds.



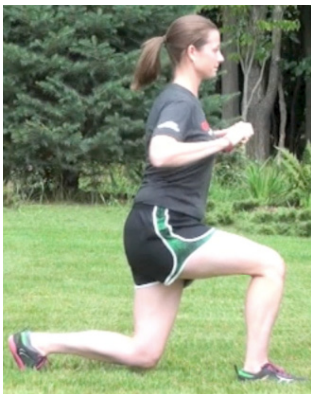
Toe Raise - Straight



Toe Raise - Bent



Heel Walk



Lunge



Single Leg Raise: Toe Up, Toe Out, Toe In



Squat



Single Leg Stand -
Eyes Open, Eyes Closed





Toe Scrunches