



Bridge- Lie on your back and bend your knees. Lift your bottom without using your back (don't over arch your back) Keeping your hips level bend one leg up towards your chest. Now lift and lower your hips slowly, keeping the hips level, using your glutes.

Goal 3 X 10 each leg.



On all fours (quadruped) place a pole on the small of your back and balance it. Now carefully extend your leg back and slightly out to the side. Keep the pole as still as possible. You should be able to move the extended leg 3-5 inches out and in without losing the pole for 30-50 reps.



Side Plank, Lie on your side with your body in a straight line (feet stacked on top of each other) Prop yourself up onto your elbow so the arm is perpendicular to the floor. , lift your hips while you push your legs together and into the floor. Keep your head back and in alignment with the rest of your body, also keep your shoulder and hips stacked as if your back was against a wall.

Goal is 1 minute hold before progressing to leg lifts. Beginners : keep knees bent on floor and lift hips .



Standing on one leg, perform a single leg quad squat and refer to blog for reference. You should be able to keep your hands on hips, body vertical and the knee should not dive inward. Hips should also stay level.

Balance – you should be able to stand on one leg for at least 10 seconds with no loss of balance. Eyes closed at least 5 seconds. This can easily be worked on at home while doing dishes, brushing teeth (must be barefoot) advance this by throwing a tennis ball against a wall and catching while standing on the one foot.