Exercise Library



Squat with Side Tap





Anchor: None, body weight

Start: Stand with feet slightly wider than hip-width and knees bent in a slight squat position.

Movement: Keeping the standing leg in a squat position, straighten the other leg out to the side and tap. Return to starting position.

Tip: Try to keep the knee behind the toe.

Squat with Side Lift





Anchor: None, body weight

Start: Stand with feet slightly wider than hip-width and knees bent in a squat position.

Movement: From the squat position, stand up keeping a slight bend in the knee of grounded leg as the other lifts up and out to the side. Return to starting position.

Tip: Try to keep the knee behind the toe.

Exercise Library



Penguin



Anchor: Tubing under both feet

Start: Stand with feet shoulder width apart, holding handles and hands on hips.

Movement: Using the outer hip, lift one leg out to the side as you stand on the opposite leg

Tip: Try to maintain balance. Bring feet closer to make it easier.

Fire Hydrant





Anchor: None, body weight

Start: On your hands and knees with the arms directly under the shoulders.

Movement: Using the hip and keeping the leg in a 90 degree angle, lift the bent leg up and out to the side.

Tip: Try to keep the hips straight.

Exercise Library



Fire Hydrant with Kick





Anchor: None, body weight

Start: On your hands and knees with the arms directly under the shoulders, one leg lifted out to the side at a 90 degree angle.

Movement: Using the hip, straighten the leg out to the side.

Tip: Try to keep the hips stable.

Side Plank with Leg Lift





Anchor: None, body weight

Start: On your side, propped up on the elbow, directly under the shoulder and feet with the body in a straight line, hand on your hip.

Movement: Keeping the hips up, lift the top leg up as high as possible.

Tip: Keep your hand on your hip.



Side Plank with Front Leg Lift





Anchor: None, body weight

Start: On your side, propped up on the elbow directly under the shoulder, top foot and leg straight and in front of you.

Movement: Keeping the hips up, lift the top leg up as high as possible in front of you.

Tip: Keep your hand on your hip.

Side Plank on Knee with Leg Lift





Anchor: None, body weight

Start: On your side, propped up on the elbow, directly under the shoulder and bottom knee bent with the body in a straight line, hand on your hip.

Movement: Keeping the hips up, lift the top leg up as high as possible.

Tip: Keep your hand on your hip.

Exercise Library



Side Lunge





Anchor: None, body weight

Start: Stand with feet hip-width apart and hands on hips.

Movement: Take a large step to the side with both toes facing forward. Lean into traveling leg, bending at the hip and knee. Push back up to starting position.

Tip: Try to keep your knee from traveling past your toes.



Anchor: None, body weight

Start: Stand with feet hip-width apart and hands at your sides.

Movement: Take a large step to the side with both toes facing forward. Lean into traveling leg, bending at the hip and knee. Reach opposite arm over to touch the outside of the traveling foot. Push back up to starting position.

Tip: Try to keep your knee from traveling past your toes.

Exercise Library



Lying Side Leg Lift





Anchor: None, body weight
Start: Laying you your side, legs stacked and straight elbow under head.
Movement: Using the top leg and hip, keeping the leg straight, lift straight up.
Tip: Keep hand in front on floor for balance if necessary.

Lying Side Leg Lift to Front



Anchor: None, body weight

Start: Lying on your side, bottom leg straight top leg straight out in front of you.

Movement: Using the top leg and hip, keeping the leg straight, lift straight up in front of you.

Tip: Keep hand in front on floor for balance if necessary.

Exercise Library



Curtsies





Anchor: None, body weight

Start: Stand with feet hip width apart and hands in front.

Movement: Step one foot back across opposite side of the body as you sit into back leg, bending both knees.

Tip: Reach foot back and across as far as possible.

Outer Hip Press



Anchor: Band tied in circle, place around lower thighs.

Start: On your back, legs bent with feet placed on floor or legs up at a 90 degree angle.

Movement: Using outer hips, open the legs as wide as possible.

Tip: Keep abs tight.

Exercise Library



Ankle Band V Push



Anchor: Band, tied in circle and placed around the anklesStart: On your back legs together up in the air, hands at side.Movement: Using your outer hips, open the legs as wide as possible.Tip: Keep the abs tight.