

Single Leg Wrap Around



Anchor: None, body weight

Start: Stand on one leg, other leg bent at 90 degree angle.

Movement: Bending the standing leg, lean over to touch the outside of the opposite toe.

Tip: Keep the knee behind the toe.

Single Leg Seated Squat



Anchor: None, body weight

Start: Stand on one leg a few inches from the chair or bench.

Movement: Squat down as if sitting in the chair on one leg. Gently tap the chair and return to standing. Stay on the same leg.

Tip: Try not to sit fully on the chair.

Squat Close Stance



Anchor: None, body weight

Start: Stand with feet hip-width apart.

Movement: Bend at the hips and knees, sit back into seated position. Return to starting position.

Tip: Keep the knees behind the toes.

Squat Wide Stance



Anchor: None, body weight

Start: Stand with feet slightly wider than hip-width, arms out in front of you.

Movement: Bending at the hips and knees, sit back like you are sitting in a chair until legs are at 90 degree angle.

Tip: Do not let your knees go over your toes, keep them stacked above the ankle.

Squat with Resistance



Anchor: Band under both feet holding ends of band in the hands

Start: Stand with feet hip width apart, band under both feet and tight tension.

Movement: Bend at the hips and knees, sit back into seated position. Return to start position.

Tip: Keep the knees behind the toes.

Lunge



Anchor: None, body weight

Start: Stand in a split stance, toes facing forward.

Movement: Bend both knees and lower to the ground; back heel will come off the floor.

Tip: Be sure knee is forward to the toe but over the ankle.

Lunge with Resistance



Anchor: Center of band under forward foot

Start: Stand in a split stance, toes facing forward, tubing tight in both hands.

Movement: Bend both knees and lower to the ground, back heel will come off the floor. Hands will pull resistance.

Tip: Be sure knee is forward to the toe but over the ankle.

Hip Flexor Knee Lift



Anchor: Low, door, ankle

Start: Stand with back to the door and band around one ankle.

Movement: Using the quad, lift the leg with band up to a 90 degree angle.

Tip: Try not to lean forward.

Seated Leg Extension



Anchor: Low, door or back of chair

Start: Sit in chair with band wrapped around one foot, feet flat on the floor.

Movement: Using the quad, straighten working leg, parallel to the floor. Return to starting position.

Tip: Make tension challenging.

Floor Single Leg Quad Lift



Anchor: None, body weight

Start: Sit on the floor, one leg straight, other leg bent with foot on floor and holding at the knee.

Movement: Sitting tall, use the quad and lift the straight leg up.

Tip: Keep abs tight to help stay tall.

Lunge with a Twist



Anchor: None, body weight

Start: Step into lunge position, arms forward and hands together.

Movement: Twist to the side and back to the front, and return to standing position.

Tip: Keep knee behind the toe.

Single Leg Squat



Anchor: None, body weight

Start: Stand on one leg, other leg out in front of you, hands together and in front of chest.

Movement: Sitting back on standing leg, bend at the hips and knee. Return to starting position.

Tip: Keep knee behind the toe.

Dead Lift with Band



Anchor: Band under both feet, hold ends in the hand

Start: With band under feet and crossed on front of the body, bent over, slight bend in the knees, holding onto the band.

Movement: With tension in the band, stand up straight.

Tip: Lift with the legs, not the back.

Single Leg Kick



Anchor: None, body weight

Start: Stand on one leg, slightly bent, other leg held up at a 90 degree angle.

Movement: Keeping thigh parallel to the floor, straighten the leg out in front of you. Return to starting position.

Tip: Hold on to chair for balance if necessary.

Squat with Front Kick

Anchor: None, body weight

Start: Stand with feet a little wider than shoulder width, toes forward. Bend at the hips and knees, butt goes back as if sitting in a chair.

Movement: As you stand in squat position, bring one leg up and kick it to the front of the body, balancing on the opposite foot, bringing the working foot back to the squat position.

Tip: Tighten your abs for extra control with balance.