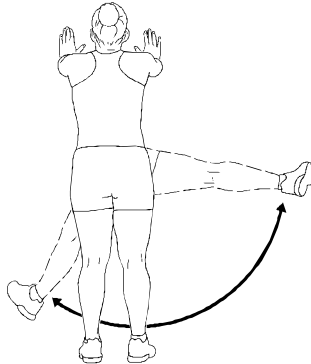


WARM-UP - 16 Leg Swing: Side

Stand, hands on wall. Fully swing one leg medially to laterally in front of body. Keep ankle dorsiflexed.

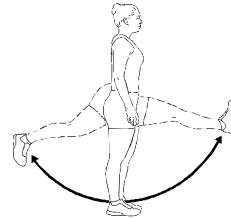
Do 1 sets 10 reps. Repeat reps with other leg to perform one set.



WARM-UP - 17 Leg Swing: Forward

Stand erect arm perpendicular to wall for support. Fully swing one leg forward and backward. Keep leg straight, ankle dorsiflexed.

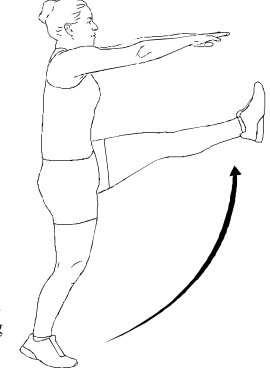
Do 1 sets 10 reps. Repeat reps with other leg to perform one set.



WARM-UP - 24 Power Kick: Stationary

Stand on balls of feet, arms forward shoulder level parallel to floor. Keeping legs and back straight, kick one leg up to hands. Head and chest up.

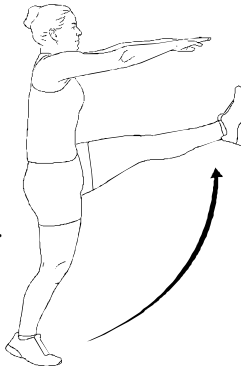
Do 2 sets 10 reps. Repeat reps with other leg to perform one set.



WARM-UP - 25 Power Kick: Walking

Stand on balls of feet, arms forward shoulder level parallel to floor. Keeping legs and back straight, kick one leg up to hands. Head and chest up. **Step forward with raised leg and repeat exercise with other leg. Continue in same direction.**

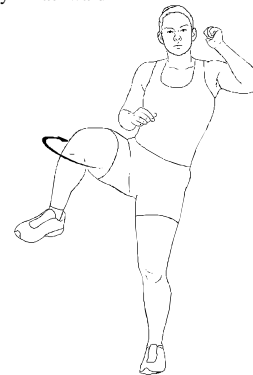
Left then right is one rep. Do 2 sets 10 reps.



HURDLES - 2 Stationary - Backward

Lift one leg from hip laterally. Ankle over stationary knee, knee over hip. Circle backward.

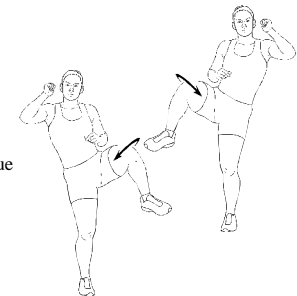
Do 2 sets 8 reps. Repeat reps with other leg, to perform one set.



HURDLES - 5 Walking - Backward

Lift one leg from hip laterally. Ankle over stationary knee, knee over hip. Circle backward. **Step backward with raised leg and repeat circle with other leg. Continue in same direction.**

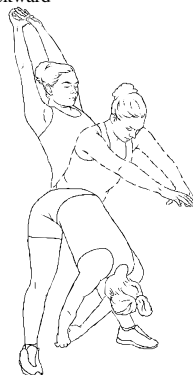
Left then right is one rep. Do 2 sets 8 reps.



WARM-UP - 1 Forward / Backward

Spread legs wider than shoulders. Stretch hands overhead, slight back arch. Reach between legs as far as possible. Return. Keep movement constant: 2 count down 2 count up. Do not static hold at top or bottom.

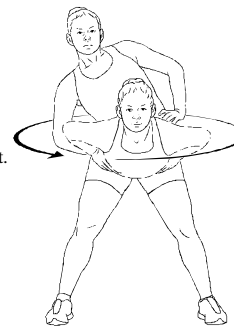
Do 1 sets 10 reps.



WARM-UP - 5 Trunk Circle

Stance wider than shoulders. Hands on hips. Circle from the hips and lower back. Start small; progress to large. Knees slightly bent. Back flat. Circle clockwise then counterclockwise.

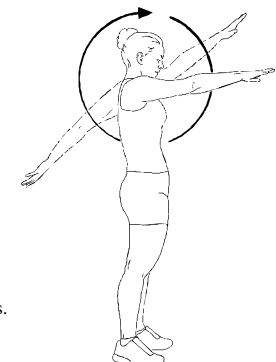
Do 1 sets 5 reps. Do reps both ways for one set.



WARM-UP - 7 Arm Circle: Linear

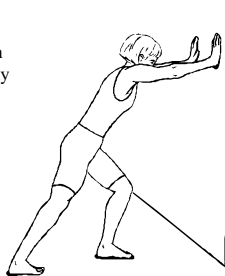
Arms in front. Circle arms together then alternating: forward and backward.

Do 1 sets 8 reps. Do reps both ways for one set.



LOWER LEG - 8 Gastroc

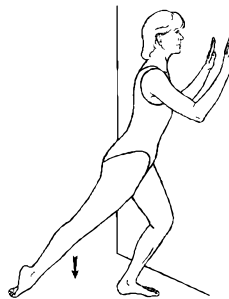
Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 30 seconds. Repeat with other leg.



Repeat 1 times.  
Do 1 sessions per day.

LOWER LEG - 5 Ankle - Dorsiflexion / Toe Extensors

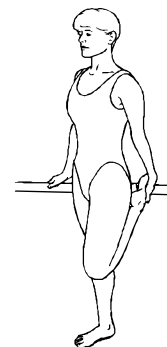
With back knee facing forward, toes in line with knee, gently press front of back foot and ankle down toward floor. Hold 15 seconds. Repeat with other leg.



Repeat 1 times.  
Do 1 sessions per day.

UPPER LEG - 2 Quadriceps

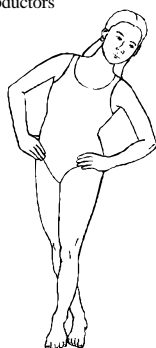
Pull heel toward buttocks until stretch is felt in front of thigh. Hold 30 seconds. Repeat with other heel.



Repeat 1 times.  
Do 1 sessions per day.

HIP OBLIQUE - 2 Iliotibial Band / Abductors

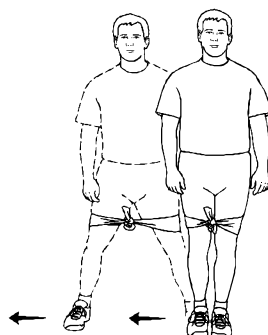
Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold 30 seconds. Repeat to other side, with right leg over left.



Repeat 1 times.  
Do 1 sessions per day.

LOWER EXTREMITY - 8 Side Stepping

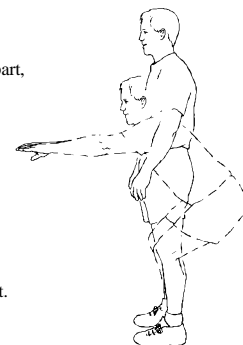
Step 1 feet to one side, then step back to start.



Repeat 20 steps per session.

LOWER EXTREMITY - 2 Mini Squat: Double Leg

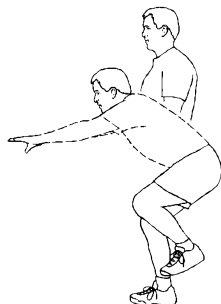
With feet shoulder width apart, reach forward for balance and do a mini squat. Keep knees in line with second toe. Knees do not go past toes.



Repeat 8 times per set.  
Rest 15 seconds after set.  
Do 2 sets per session.

LOWER EXTREMITY - 4 Mini Squat: Single Leg

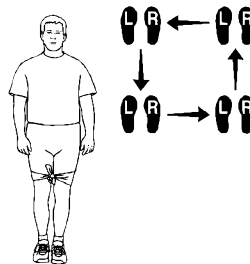
Stand on right foot. Reach forward for balance and do a mini squat. Keep knees in line with second toe. Knees do not go past toes. Keep knees together.



Repeat 6 times.  
X Repeat with other leg for set.  
Rest 15 seconds after set.  
Do 2 sets per session.

LOWER EXTREMITY - 9 Box Stepping

Step in pattern of a box. Repeat in opposite direction for one box.

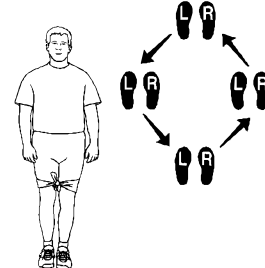


Repeat 5 boxes per session.

Note: Keep your core muscle pulled in. Lift leg from your thigh.

LOWER EXTREMITY - 10 Diamond Stepping

Step in pattern of a diamond. Repeat in opposite direction for one diamond.

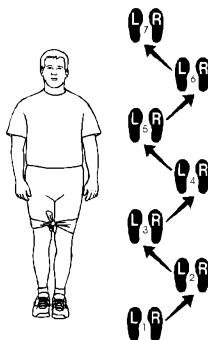


Repeat 5 diamonds per session.

Note: Keep your core muscle pulled in. Lift leg from your thigh.

LOWER EXTREMITY - 12 Zig Zag

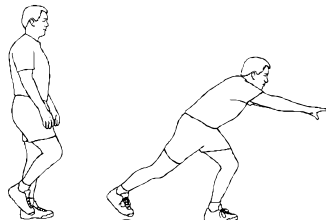
Walk forward 1 feet in a zig zag pattern. Without turning walk backward to start for one zig zag.



Repeat 10 zig zags per session.

Note: Keep your core muscle pulled in. Lift leg from your thigh.

LOWER EXTREMITY - 5 Squat: Single Leg



Stand on left foot. Reach forward for balance and squat. Keep knees in line with second toe. Knees do not go past toes. Reach non-stance leg back for balance.

Repeat 6 times. X Repeat with other leg for set. Rest 20 seconds after set. Do 2 sets per session.

Cool Down:  
Repeat exercise 1 & 2