
Supine Hip Extension on Bench

SETS: 3

REPS: 10



Setup

Begin in a seated position with your knees bent and your upper back resting on a bench.

Movement

Tightening your abdominal and gluteal muscles, lift your hips up into a bridge position. Hold briefly, then relax and repeat.

Tip

Make sure to engage your core and maintain a gentle chin tuck. Do not arch your back during the exercise.

Straight Leg Raise with Arm Support

SETS: 3

REPS: 10



Setup

Begin sitting on the ground, resting back on your arms with one knee bent and your other leg laying flat.

Movement

Slowly lift your leg as close to parallel with your other thigh as you can.

Tip

Make sure to keep your knee straight during the exercise and do not let your back arch.

Side Plank with Clam

SETS: 2	REPS: 10
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Setup

Begin lying on your side with your legs bent at a 90 degree angle and resting on your forearm.

Movement

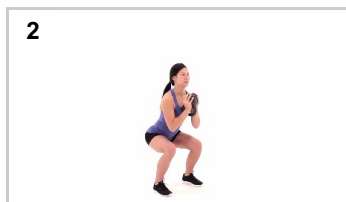
Tighten your abdominals and lift your hips off the floor into a kneeling side plank position. Lift your top knee, hold briefly, then relax and repeat.

Tip

Make sure your head, hips, and knees are in one straight line and do not let your hips roll backward or forward during the exercise.

Goblet Squat with Kettlebell

SETS: 3	REPS: 10
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Setup

Begin in a standing upright position, with your feet slightly wider than shoulder width apart, holding the bottom of a Kettlebell in both hands in front of your chest.

Movement

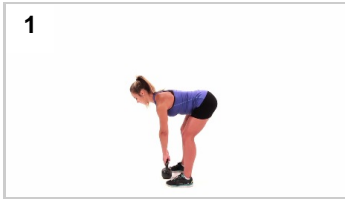
Bending your hips and knees, slowly lower into a squat position, until your knees are close to a 90-degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight. Do not let your knees bend forward past your toes or collapse inward.

Kettlebell Deadlift

SETS: 3	REPS: 10
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Setup

Begin in a standing upright position with your feet slightly wider than shoulder width apart and a kettlebell in front of you on the floor.

Movement

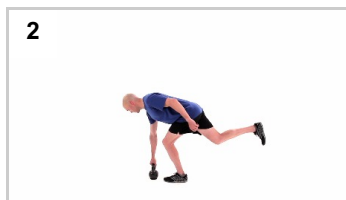
Bend at your hips to reach down and grasp the kettlebell. Lift it off the ground, engaging your back and thigh muscles. Then lower it back down in the same manner and repeat.

Tip

Make sure to keep your abdominals tight during the exercise and do not let your knees bend forward as you lower the kettlebell.

Single Leg Deadlift with Kettlebell

SETS: 3	REPS: 10
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Setup

Begin in a standing upright position holding a kettlebell in one hand.

Movement

Lift one leg off the ground and bend forward at your hips, lowering the kettlebell toward the ground. Then return to an upright position and repeat.

Tip

Make sure to keep your back straight during the exercise and try not to let your knee move forward as you lower the weight.

Trail Leg Lunge

SETS: 3

REPS: 10



Setup

Begin in a wide staggered stance position with your back foot resting on a step.

Movement

Bend your knees, lowering your body into a lunge position, then raise yourself back up and repeat.

Tip

Make sure to keep your abdominals tight and do not let your knee move forward past your toe or collapse inward during the exercise.

Lateral Lunge

SETS: 3

REPS: 10



Setup

Begin in a standing upright position with your feet shoulder width apart and arms resting at your side.

Movement

Step to the side with one leg, lowering your body into a lunge position, then carefully return to the starting position.

Tip

Make sure not to let your knees collapse inward during the exercise.

Runner's Climb

SETS: 3	REPS: 10
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Setup

Begin in a standing upright position with one foot on the edge of a step in front of you.

Movement

Drive your opposite knee up toward your chest, hold briefly, then slowly lower your leg back to the starting position and repeat.

Tip

Make sure to keep your chest upright and squeeze the gluteal muscles on your stance leg to help maintain your balance.

Lateral Step Down

SETS: 3	REPS: 10
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Setup

Begin standing next to a step or raised surface. Then, step up so that one foot is on the step, and the other is hanging off the edge.

Movement

Sit back into your hip while leaning slightly forward with your trunk. Continue the squatting movement by bending your knee and hip equally. Tap your heel on the ground without putting weight through the heel. Return to the upright position and repeat. Keep your weight centered on the mid part of your foot throughout the squatting movement by allowing the knee to move forward.

Tip

Maintain hip, knee, and foot alignment with the knee over the 2nd toe. Keep your nose in line with your belly button, and do not sidebend towards the exercising leg.

Single Leg Press

SETS: 3	REPS: 10
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Setup

Begin by loading the machine with your desired amount of weight. Sit on the seat of the machine with your back flat against the back rest. Firmly plant both feet on the foot platform so that your feet are hip width apart or slightly wider. To unlock the machine, push up on the platform and pull the lever by your side towards you.

Movement

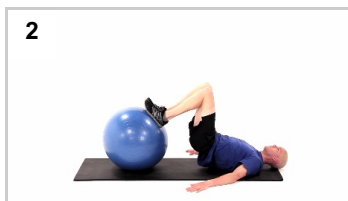
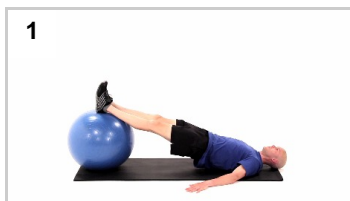
Remove one leg from the foot platform. Bring your knee toward your chest to slowly lower the weight as far as you can while keeping your hips against the seat. Then press up into your foot to straighten your leg without locking your knee, and repeat.

Tip

Make sure to keep your movements slow and controlled. Do not let your knee collapse inward or move forward past your toes during the exercise. Remember to engage the platform lock when you are finished.

Supine Hamstring Curl on Swiss Ball

SETS: 3	REPS: 10
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Setup

Begin lying on your back with your legs straight and feet resting on a swiss ball.

Movement

Lift your hips off the floor into a bridge position. Roll the ball toward you with your heels while maintaining the bridge position, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your hips fall to the ground.