

STEP 1



STEP 2



Inchworm Walkout

Clinician Notes:

Dynamic Warmup

Setup

- Begin in a standing upright position.

Movement

- Bend at your hips and lean forward to touch the ground. Slowly walk your hands forward with your legs straight until you reach a push up position. Then slowly walk your feet toward your hands with your knees straight, and repeat.

Tip

- Make sure to keep your back straight, and avoid locking out your arms and legs during the exercise.

STEP 1



STEP 2



Running Butt Kicks

Clinician Notes:

Dynamic Warmup

Setup

- Begin standing in a long, open, and flat area.

Movement

- Lightly jog, and try to kick your heels to your buttocks as you bend your knees.

Tip

- Make sure to keep your movements controlled and maintain your balance during the exercise.

STEP 1



STEP 2



Walking Forward Lunge

Clinician Notes:

Dynamic Warmup

Setup

- Begin standing upright with your hands at your hips.

Movement

- Take a large step forward, lowering into a lunge position with your knees bent at 90 degree angles. Then raise yourself up and lunge forward on your other leg without letting your foot touch the ground in between.

Tip

- Make sure to keep your trunk upright during the exercise. Do not let either knee collapse inward or let your knees move forward past your toes.

STEP 1



STEP 2



STEP 3



Forward Lunge with Rotation

Clinician Notes:

Dynamic Warmup

Setup

- Begin in a standing upright position with your feet shoulder width apart and hands resting on your waist.

Movement

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

Tip

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

STEP 1



STEP 2



Dynamic Straight Leg Kicks

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

Clinician Notes:

Dynamic Warmup Avoid bending forward to touch toes, keep back straight.

Setup

- Begin in a standing upright position.

Movement

- Step forward with one foot and slowly kick your other leg straight forward, reaching your opposite arm towards your toes. Repeat on the opposite side.

Tip

- Make sure to keep your leg straight as you kick it forward and maintain your balance during the exercise.

STEP 1



STEP 2



Walk with Ankle Grab and Heel Raise - Dynamic Warm Up

Clinician Notes:

Dynamic Warmup Keep knee in alignment with hip, avoid pulling knee out to the side.

Setup

- Begin standing upright in a long, flat, open space.

Movement

- Grab one foot behind you pulling it toward your hip, then raise the heel of your stance leg as you lift your hand overhead. Then lower your heel, let go of your back foot, take a step forward, and repeat with your other leg.

Tip

- Make sure to keep your movements controlled and maintain your balance during the exercise.

STEP 1



STEP 2



Lateral Lunge

Clinician Notes:

Dynamic Warmup

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. Sit back into the hips and do not lean forward.

STEP 3



STEP 1



STEP 2



Single Leg Balance with Alternating Floor Reaches

Clinician Notes:

Can incorporate into dynamic warmup with walking or do as a separate balance exercise with knee stability.

Setup

- Begin in a standing upright position.

Movement

- Bend forward at your hips, lifting one leg straight behind you, and reach toward the ground with one hand at the same time. Return back to the starting position and repeat with your other arm.

Tip

- Make sure to maintain your balance and keep your back straight as you bend forward. Do not let knee collapse inward.

STEP 1



STEP 2



Lateral Single Leg Lunge Jumps

Clinician Notes:

Dynamic Warmup or balance training.

Setup

- Begin in a standing upright position.

Movement

- Alternate taking small hops from one foot to the other, then continue increasing the distance of each hop until they are jumps, landing on each leg in a lunge position.

Tip

- Make sure to keep your weight in your heels, focus on making your landings as soft as possible, and maintain control during the exercise. Do not let your knee move forward past your toe as you land.