

Name: Blair Petrilli - 12/1/23

Perform everything SMOOTHLY & w/ PURPOSE please. I've placed these exercises in order so you don't have to keep making positional changes or attach/remove bands repeatedly.

Some of these are videos.

3-4x/wk is ideal, perform 2-3 sets total of each exercise (depending on the time you have).

---Jesse Fuller

HIP HIKE - KNEELING

Kneel on both knees with one knee on a folded towel. Raise and lower the side of your pelvis that is not on the towel.

Repeat 5 Times

Hold 5 Seconds



Bridge with single leg Adduction

Blair, use your foam roller.

With leg extended while squeezing ball/pillow between knees, engage glutes, push pelvis up in air. Hold position maintaining straight line from shoulder to knee.

Repeat 5 Times

Hold 5 Seconds



ADDUCTOR (COPENHAGEN) PLANK, BENT-KNEE

Use a bench or a chair without armrest. Place uninvolved leg underneath the bench/chair in a straightened position, foot resting on floor. Set involved leg with a 90-degree bent knee atop a surface. Lift bottom hip off floor, set bent elbow and forearm underneath stacked shoulders.

Contract abdominals and raise resting leg/foot off floor and upwards to underside of bench/chair.

Repeat 2 Times

Hold 30 Seconds

HIP ABDUCTION - SIDELYING

Blair, attach loop band around legs (on lower thigh just above knee).



While lying on your side, slowly raise up your top leg towards the sky. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Repeat 5 Times

Hold 5 Seconds

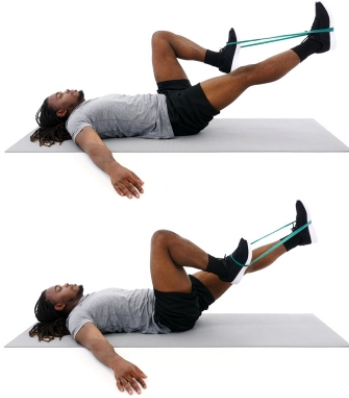


Side lying hip internal rotation

Blair use your foam roller + band around ankles

Repeat 5 Times

Hold 5 Seconds



BICYCLE ELASTIC BAND - SUPINE HIP EXTENSION UNSUPPORTED

Lie on your back with your knees bent. Loop an elastic band around both of your feet. Raise up both feet so your hips are at 90 degrees and your knees are at 90 degrees. Use your stomach muscles to keep your spine from moving during the exercise.

Start by straightening one of your legs out away from you.

Then, return the leg back to starting position and repeat on the other side.

Repeat.

Repeat 5 Times

Hold 5 Seconds



Resisted Ankle Dorsiflexion and Plantarflexion with loop

Blair, i'm OK w/ you performing this movement slightly faster just make sure to stay SMOOTH from beginning to end.

While in a seated position with your legs out in front of you create a slight tension in the band. Next, one foot at a time, pull your toes towards you and then pointing them away from you. Repeat. Perform on both sides.

Repeat 30 Times



ELASTIC BAND - SEATED CLAMS - HIP ABDUCTION

Blair, i'm OK w/ you performing this movement slightly faster just make sure to stay SMOOTH from beginning to end.

While seated in a chair, place a looped elastic band around your thighs near your knees as shown.

Start by moving both knees out to the side to separate your legs. Return to starting position and repeat.

Keep your feet in contact with the floor the entire time.

Repeat 30 Times



LATERAL MONSTER WALK - ELASTIC BAND AT FEET SIDE STEPS

Place an elastic band around both feet.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Perform 2 out-and-backs in your space.

Repeat 2 Times



Curtsy lunge w pole

Blair, holding a chair will suffice. Finish one side before performing other.

Repeat 10 Times

Hold 1 Second



Cross over Step up - Plus

Blair, hold 15# dumb bells on each hand after you've mastered the movement w/o any weight. Finish one side before performing other.

Standing in front of step, cross one leg over the other and step up onto step, hike other knee up and hold balance on step for 1 second. By starting in cross over position, this will favor your glutes, preventing knee from "diving in" into valgus. Slowly lower down and repeat. Can keep one foot on step.

Repeat 10 Times

Hold 1 Second



Tibialis Raises ATG

Blair, i'm OK w/ you performing this movement slightly faster just make sure to stay SMOOTH from beginning to end.

Butt against wall only, walk feet out in front of body away from wall. Lift toes up as high as possible, lower and repeat this sequence.

Make it harder by walking feet further from wall.

Knee extension and quadriceps engagement must be maintained throughout each lift

Repeat 30 Times



Soleus Raises

Blair, i'm OK w/ you performing this movement slightly faster just make sure to stay SMOOTH from beginning to end.

While standing with a bend in your knees, raise up onto your toes as you lift your heels off the ground. (Maintain a bent knee throughout the entire exercise)

Repeat 30 Times

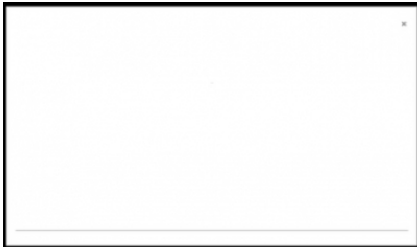


Wall sit with ball squeeze

- Lean onto a wall or an exercise ball.
- Place ball or small pillow between knees and squeeze
- Slide down on wall until your knees are at 90 deg.
- Hold the given amount of time.

Repeat 2 Times

Hold 30 Seconds



Divider



Doorway Pec Stretch

Stand in a doorway with hands shoulder height pressed against door frame. Put one foot front and lean forwards. Elbows should put up while stretching.

Repeat 2 Times

Hold 30 Seconds



Quad stretch

Blair, perform right after getting up from chair or bed -- before you start changing locations (this can be done lying on your side in bed).