

1



KICKS - SLS
 Start with an elastic band looped around your ankles and standing on your target leg. kick your other leg forward, to the side and backward for a few repetitions each.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

5



lat
 With your knees bent, place theraband around your ankles. Walk to the side, keeping resistance around the band the entire time.

Repeat 10 Times
 Hold 2 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

2



Monster walks
 Start in a squatted position. With the theraband around your ankles in a wide stance, step forward with one foot while keeping tension on the band, then bring the other foot forward. repeat backwards

Repeat 10 Times
 Hold 2 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

6



SINGLE LEG STANCE - SLS
 Stand on one leg and maintain your balance.

Repeat 3 Times
 Hold 15 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

3



Monster walks w/ straight knee
 Place theraband around your ankles. Keeping a wide stance and knees straight, walk forward and backwards.

Repeat 10 Times
 Hold 2 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

7



TANDEM STANCE
 Stand behind a chair, place the heel of one foot so that it is touching the toes of the other foot. Maintain your balance in this position.

Repeat 3 Times
 Hold 15 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

4



ELASTIC BAND LATERAL WALKS - PROXIMAL
 With an elastic band around your thighs, take steps to the side while keeping your feet spread apart.

Repeat 10 Times
 Hold 2 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

8



Hip Hinge airplane
 start standing and hinge at the hips to bring arm forward and leg back- * keep neutral spine and back straight

Repeat 3 Times
 Hold 15 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day