1. LEG EXTENSION

Sit on floor, bend legs and secure loop around foot of non-exercise leg and ankle of exercise leg. Lie back and support upper body on forearms.

START

FINISH

Straighten exercise leg while keeping knee stationary and foot of non-exercise leg flat on floor. Return to start and repeat.

2. OUTER LEG LIFT

Secure loop around both legs just below knees and straighten legs. Lie on side and roll onto hip of non-exercise leg with bottom arm bent, head supported in hand, and top arm bent and hand positioned flat on floor in front of chest.

START

FINISH

Lift top leg straight up and away from bottom leg while keeping bottom leg stationary on floor. Return to start and repeat.

EXERCISE INSTRUCTION

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 30-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 30 seconds perform the movement more slowly, or take more rest between movements. Or if unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.
3. INNER LEG LIFT

START

Place band around foot of non-exercise leg and around ankle of exercising leg. Lie on your stomach with legs straight and feet hip-width apart. Bend arms, rest head on hands, and press hips into floor.

FINISH

Lift exercise leg straight up leading with heel and toes pointed forward while keeping non exercise leg stationary and foot flat on floor. Return to start and repeat.

4. LEG CURL

START

Place band around foot of non-exercise leg and around ankle of exercising leg. Lie on your stomach with legs straight and feet hip-width apart. Bend arms, rest head on hands, and press hips into floor.

FINISH

Bend exercise leg and pull heel toward buttock, while keeping the upper leg stationary and the toes of non-exercise leg firmly on the floor. Return to start and repeat.

5. LEG CURL

START

Place band around foot of non-exercise leg and around ankle of exercising leg. Lie on your stomach with legs straight and feet hip-width apart. Bend arms, rest head on hands, and press hips into floor.

FINISH

Bend exercise leg and pull heel toward buttock, while keeping the upper leg stationary and the toes of non-exercise leg firmly on the floor. Return to start and repeat.

6. SIDE STEP

START

Secure loop just above knees. Stand with feet hip-width apart and knees slightly bent. Keep arms at sides of body.

FINISH

Keep head up and hips square. Keep one leg stationary with foot flat on floor while stepping out and away from side of body with opposite leg. Keep knees bent, hips down and shoulders square. Return to start and repeat.