Door Attachment: Low Position

**LEG EXTENSION**

Start: Stand with feet hip-width apart; facing away from door, knees slightly bent and strap around one ankle. Bend leg and lift heel up. Hold for 1-2 seconds, slowly return to start position, and repeat.

Finish: Slowly straighten leg out in front of body while maintaining balance on opposite leg. Arms straight along sides of body while bending and lifting ankle. Hold for 1-2 seconds, slowly return to start position, and repeat.

**LEG CURL**

Start: Stand with feet hip-width apart; facing door, knees slightly bent and strap around one ankle. Bend leg and lift heel up. Hold for 1-2 seconds, slowly return to start position, and repeat.

Finish: Slowly straighten leg out in front of body while maintaining balance on opposite leg. Arms straight along sides of body while bending and lifting ankle. Hold for 1-2 seconds, slowly return to start position, and repeat.

**HIP EXTENSION**

Start: Stand with feet hip-width apart; facing door, knees slightly bent and strap around one ankle. Bend leg and lift heel up. Hold for 1-2 seconds, slowly return to start position, and repeat.

Finish: Slowly straighten leg out away from side of body while maintaining balance on opposite leg. Arms straight along sides of body. Hold for 1-2 seconds, slowly return to start position, and repeat.

**KNEE LIFT**

Start: Stand with feet hip-width apart; facing door, knees slightly bent and strap around one ankle. Bend leg and lift heel up. Hold for 1-2 seconds, slowly return to start position, and repeat.

Finish: Slowly straighten leg out away from side of body while maintaining balance on opposite leg. Arms straight along sides of body. Hold for 1-2 seconds, slowly return to start position, and repeat.

**SIDE LEG RAISE**

Start: Stand with feet hip-width apart; facing door, knees slightly bent and strap around one ankle. Bend leg and lift knee up. Hold for 1-2 seconds, slowly return to start position, and repeat.

Finish: Slowly straighten leg out away from side of body while maintaining balance on opposite leg. Arms straight along sides of body. Hold for 1-2 seconds, slowly return to start position, and repeat.

**FRONT LEG SWEEP**

Start: Stand with feet hip-width apart; facing door, knees slightly bent and strap around one ankle. Bend leg and lift knee up. Hold for 1-2 seconds, slowly return to start position, and repeat.

Finish: Slowly straighten leg out away from side of body while maintaining balance on opposite leg. Arms straight along sides of body. Hold for 1-2 seconds, slowly return to start position, and repeat.

**OUTWARD HIP ROTATION**

Start: Stand with feet hip-width apart; facing door, knees slightly bent and strap around one ankle. Bend leg and lift knee up. Hold for 1-2 seconds, slowly return to start position, and repeat.

Finish: Slowly straighten leg out away from side of body while maintaining balance on opposite leg. Arms straight along sides of body. Hold for 1-2 seconds, slowly return to start position, and repeat.

**INWARD HIP ROTATION**

Start: Stand with feet hip-width apart; facing door, knees slightly bent and strap around one ankle. Bend leg and lift knee up. Hold for 1-2 seconds, slowly return to start position, and repeat.

Finish: Slowly straighten leg out away from side of body while maintaining balance on opposite leg. Arms straight along sides of body. Hold for 1-2 seconds, slowly return to start position, and repeat.