

## EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

**Before beginning this or any other exercise program, you should always consult with your doctor or physician.**

## SIDE STEP



**Start:** Secure straps around ankles. Stand with feet hip-width apart and knees slightly bent. Keep arms at sides of body, or place one hand on a wall for increased stability.



**Finish:** Keep trunk muscles tight, head up and hips square. With one foot grounded, step out and away from side of body with opposite leg and distribute body weight onto ball of foot. Keep knees slightly bent, hips down and shoulders square. Return to start and repeat.

## FRONT STEP



**Start:** Secure cuffs around ankles. Stand with feet hip-width apart and knees slightly bent. Keep arms at sides of body, or place one hand on a wall for increased stability.

**Finish:** Keep trunk muscles tight, head up and hips square. With one foot



grounded, step forward with opposite leg and allow heel of back leg to raise from the floor. Lower hips toward floor and bend legs until front knee is over ankle, and back knee is directly under hip. Push up and back with front leg, return to start position and repeat.

## BACK STEP



**Start:** Secure cuffs around ankles. Stand with feet hip-width apart and knees slightly bent. Keep arms at sides of body, or place one hand on a wall for increased stability.

**Finish:** Keep trunk muscles tight, head up and hips square. With one foot grounded, step



backward with opposite leg and allow heel of back leg to raise from the floor while bending same side arm. Lower hips toward floor and bend legs until front knee is over ankle, and back knee is directly under hip. Push up and back with front leg, return to start position and repeat.

## FRONT LEG LIFT



**Start:** Secure cuffs around ankles. Stand with feet hip-width apart and knees slightly bent. Position arms along sides of body, or place one hand on a wall for increased stability.



**Finish:** Stand tall, keep trunk muscles tight, head up and hips square. With one foot grounded and upper body stationary, slowly bend and lift opposite leg up and forward. End with knee at hip height and heel directly below knee. Return to start and repeat.

## BACK LEG LIFT



**Start:** Secure cuffs around ankles and stand with feet hip-width apart. Bend exercise leg and place ball of foot on floor just behind hip. Keep arms at sides of body, or place one hand on a wall for increased stability.



**Finish:** Stand tall, keep trunk muscles tight, head up and hips square. With one foot grounded and upper body stationary, slowly extend and press opposite leg up and back behind body. End with leg straight behind body and toes pointed toward floor. Return to start and repeat.

## CROSS LEG LIFT



**Start:** Secure cuffs around ankles. Stand with feet hip-width apart and knees slightly bent. Position arms along sides of body, or place one hand on a wall for increased stability.



hips square. With one foot grounded and upper body stationary, slowly bend and lift opposite leg up, forward and across front of body while bending and raising opposite arm. End with knee just below hip height and toes directly below knee. Return to start and repeat.

## SIDE LEG LIFT



**Start:** Secure cuffs around ankles. Stand with feet hip-width apart and knees slightly bent. Keep arms at sides of body, or place one hand on a wall for increased stability.



**Finish:** Stand tall, keep trunk muscles tight, head up and hips square. With one foot grounded and upper body stationary, slowly bend and lift opposite leg up and out, away from side of body. End with knee just below hip height. Return to start and repeat.