

**Strengthening Exercises for Shins and Calves**

10 reps for 2/3 sets

Starting Position



Calf Raises



Toe Lifts



**More Advanced Exercises Uses Stability Pods**

Starting Position



Calf Raises



Starting Position



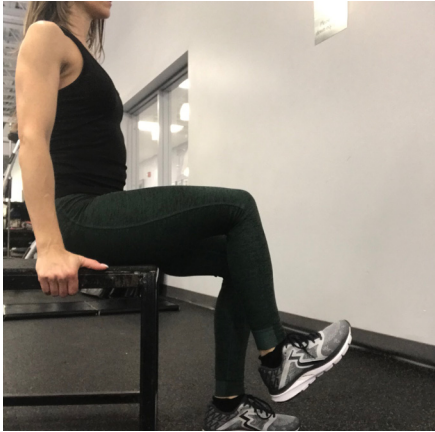
Toe Lifts



**Strengthening Exercises for Quads and Hamstrings**

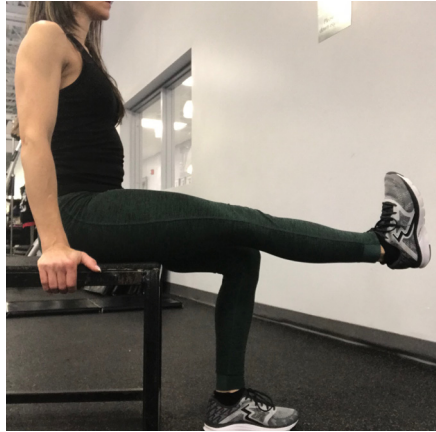
10 reps for 2/3 sets

Starting Position



Extend right side 10 reps, switch to left 10 reps

Leg Extension



Extend right side 10 reps, switch to left 10 reps

Starting Position



Bend right side 10 reps, switch to left 10 reps

Hamstring Curl



Bend right side 10 reps, switch to left 10 reps

**Strengthening Exercises for Hips**

10 reps for 2/3 sets

**Inner**

**Ball Squeezes**



**Outer**

**Starting Position**



**Hip Abduction**



Move right side 10 reps, switch to left for 10 reps

**Anterior**

**Starting Position**



**Knee Raise**



Lift right side 10 reps, switch to left 10 reps

**Posterior**

**Starting Position**



**Bridge**



**Strengthening Exercises for Core**

10 reps for 2/3 sets

**Upper Abs**

Starting Position



Crunch



**Lower Abs**

Starting Position



Reverse Crunch



**Strengthening Exercises for Core (cont.)**

10 reps for 2/3 sets

**Obliques**

Starting Position



Cable Twist



Rotate one direction 10 reps, switch to other direction 10 reps

**Lower Back**

Starting Position



Good Mornings



Starting Position



Superman



**Isometric Balancing Exercises – Standing**

Hold for 10-30 secs

Stand On One Leg



Hold both sides

Staggered Stance Hold



Hold both sides

**Unsteady Surfaces – Easier to More Advanced**

Cushion



Bosu Ball – Dome Side



Bosu Ball – Flat Side



Balance Board



**Isometric Balancing Exercises – Grounded**

Hold for 10-30 secs

**Opposite Arm/Leg Extension**



Hold both sides

**Planks**

**Forearm Plank**



**Full Plank**



**Side Plank**



Hold both sides

**Modified Reverse Plank**



**Full Reverse Plank**

