



Stable Lower Body A (60 min)

Protection (5 min)

| Exercise | Reps | Duration (s) |
|------------------------------------|-------|-----------------|
| Ts on an Exercise Ball | 8 | 30 |
| Ls on an Exercise Ball | 8 | 30 |
| Scapular Push-Up (1 Arm, Kneeling) | 10 ea | 60 |
| Lateral Band Walk (Straight, Knee) | 20 ea | 60 |
| Hip Adduction (Side Lying) | 10 ea | 60 |
| Front Plank | | 20 to 30 |



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Movement (10 min)

| Exercise | Reps | Duration (s) |
|---|-------|--------------|
| Stork Turn | 12 ea | 60 |
| Walking Heel to Butt | 8 ea | 60 |
| Knee Hug to Forward Lunge Elbow to Instep | 6 ea | 120 |
| Inchworm (Backwards) | 8 | 120 |
| Glute Bridge (Marching) | 12 ea | 60 |
| Drop Step Squat | 8 ea | 60 |
| Core Rotation (1 Leg) | 8 ea | 60 |



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Power (10 min)

| Exercise | Reps | Duration (s) | |
|--------------------------------|-------|--------------|--------------|
| Squat to Throw | 6 | 30 | } x 2 |
| Chest Pass | 15 | 15 | |
| Perpendicular Throw (Kneeling) | 15 ea | 30 | |
| Parallel Throw | 15 ea | 30 | |
| Rest | | 60 | |
| Kettlebell Swing | 15 | 30 | } x 2 |
| Lateral Bound | 3 ea | 30 | |
| Rest | | 30 | |



Strength (20 min)

| Exercise | Reps | Duration (s) | |
|---|---------|--------------|--------------|
| Leg Curl on an Exercise Ball | 8 to 12 | 30 | } x 2 |
| Russian Twist on an Exercise Ball | 5 ea | 30 | |
| Rest | | 30 | |
| Rotational Band Row (1 Arm) on an Exercise Ball | 8 ea | 30 | } x 3 |
| Lateral Lunge (Dumbbell) | 5 ea | 30 | |
| Rest | | 30 | |
| Split Squat | 8 ea | 30 | } x 3 |
| Crunch on an Exercise Ball | 8 to 10 | 30 | |
| Rest | | 30 | |



Vitality (5 to 10 min)

| Exercise | Reps | Duration (s) |
|------------|------|--------------|
| Squat Jump | | 20 |
| Rest | | 20 |

} x 4

Recovery & Regeneration (5 min)

| Exercise | Reps | Duration (s) |
|--------------------------------|------|--------------|
| Foam Roller Hamstring | | |
| Foam Roller Lateral Quadriceps | | |
| Hip Adductor Rope Stretch | 8 ea | |
| Hamstring Rope Stretch | 8 ea | |
| Glute Rope Stretch | 8 ea | |



Exercise Descriptions

Ts on an Exercise Ball

- Start by lying face down on an exercise ball, with your back flat and your chest off the ball. Keep your [abdominal muscles](#) engaged, and let your arms hang straight down in front of you.
- Slowly glide your shoulder blades back and down and then raise your straight arms slowly to your sides to form a “T” shape with your body and arms.
- Hold for one deep breath, in and out.
- Slowly return to the starting position and repeat.

Initiate the movement with your shoulder blades, not your arms. Keep your [abdominal muscles](#) engaged and your back flat throughout the movement.

You should feel a stretch through your shoulders and upper back.

Ls on an Exercise Ball

- Start by lying face down on an exercise ball, with your back flat and your chest off the ball. Keep your [abdominal muscles](#) engaged, and let your arms hang straight down in front of you.
- Slowly glide your shoulder blades back and down, and then lift your elbows towards the ceiling as you bend them to 90 degrees.
- As your elbows reach shoulder height, rotate your forearms upwards until the backs of your hands face the ceiling.
- Hold for one deep breath, in and out.
- Slowly reverse this sequence back to the starting position and repeat.

Initiate the movement with your shoulder blades, not your arms. Keep your [abdominal muscles](#) engaged and your back flat throughout the movement.

You should feel a stretch through your shoulders and upper back.



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Scapular Push-Up (1 Arm, Kneeling) Exercise

- Start on your hands and knees, with one hand flat on the floor underneath your shoulder, and the other hand behind your back.
- Slowly push your chest as far away from the floor as possible by pushing your shoulder blade away from your spine.
- Keep your arm straight as you slowly lower your back about 1 inch (2.5cm) by bringing your shoulder blade towards your spine.
- Slowly return to the starting position.
- Repeat for the desired number of repetitions.
- Repeat with the other arm.

The movement is initiated entirely by your shoulder blades, not your spine.

Keep your torso solid and your back straight.

Keep your head in line with your torso, and your [abdominal muscles](#) engaged to stabilise your spine.

You should feel it working your shoulders and upper back.

Lateral Band Walk (Straight, Knee) Exercise

This exercise requires a resistance band – either a normal band tied in a knot to create a loop, or a premade mini-band loop (featured).

Choose a band tension that makes the movement challenging, but enables you to complete all of your repetitions (reps) with proper form.

- Start by standing with your feet hip-width apart, and a resistance band around your legs, just above your knees.
- Step to your right, pushing with your left foot while stepping laterally with your right foot.
- Bring your left foot back to the starting position and continue for the desired number of repetitions.
- Repeat the movement in the opposite direction.

Maintain [perfect posture](#), keeping your back straight, chest up, shoulder blades pulled back and down, and [abdominal muscles](#) engaged throughout.

Keep your toes pointed straight ahead, and keep your knees pushed apart throughout the movement – keeping tension in the band at all times – do not let your feet come together.



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You should feel it working the outside of your hips (your [gluteus medius](#)).

Hip Adduction (Side Lying) Exercise

- Start by lying on your side, your [abdominal muscles](#) engaged, with your head resting on your bottom arm, your bottom leg straight. Bend your top leg and place your foot on the ground in front of your bottom knee, holding it in place with your top hand.
- Lift your bottom leg towards the ceiling, keeping your toes pointed straight ahead.
- Return to the starting position and repeat for the desired number of repetitions.
- Switch sides and repeat.

Keep your torso solid and your [abdominal muscles](#) engaged throughout this movement. Lift your leg by using the inside of your hip in your bottom leg. Your feet should stay parallel to the ground throughout the movement.

You should feel it working the groin of your bottom leg.

Front Plank Exercise

- Start by lying on your front with your forearms on the floor, your elbows close to your sides and directly under your shoulders, and your feet shoulder-width apart. Engage your [core muscles](#), contract your thigh muscles to straighten your legs strongly, and flex your ankles (tucking your toes towards your shins).
- Slowly push your forearms away from your chest, lifting your torso and thighs off the floor, so that only your feet and forearms are on the ground. Keep your torso and legs rigid. Do not allow any sagging in your ribcage or lower back. Avoid hiking your hips into the air or bending your knees. Keep your shoulders away from your ears (no shrugging). Your shoulders should be directly over your elbows through the entire movement.
- Continue to breathe, keeping your [abdominals](#) strong while holding this position for the desired amount of time (5 seconds or more).
- Keep your torso and legs stiff as you slowly and gently lower your body back to the floor.

Keep your torso solid, your [abdominal muscles](#) engaged, and your hips square to the ground throughout this movement. Keep your weight evenly distributed on both feet as you lift your torso.

You should feel it working your shoulders and torso.

If you experience any pain in the lower back with this movement, stop the exercise immediately and consult with your doctor.



Stork Turn Exercise

- Start by standing on your left leg, your right foot behind your left knee and your standing knee unlocked, in [perfect posture](#), with your arms folded in front of your chest and your shoulder blades back and down.
- Slowly turn your upper body, as far as you can, from side to side for the desired number of repetitions.
- Repeat while standing on the other foot.

Maintain [perfect posture](#), keeping your chest up and back straight throughout.

You should feel your standing foot and lower leg working to keep your balance.

Walking Heel to Butt Exercise

- Start by standing tall in [perfect posture](#), your [abdominal muscles](#) engaged and your chest up.
- Squat down and grab your left ankle with your left hand, pulling your heel to your [glutes](#) as you stand tall and raise your right arm overhead.
- Release and step forwards with your left foot and repeat the stretch on the other side.
- Continue for the desired number of repetitions on each side.

Engage the [glutes](#) of the leg that you are holding to help enhance the stretch, pointing your knee at the ground.

Maintain [perfect posture](#), keeping your back straight and [abdominal muscles](#) engaged throughout – do not arch your lower back as you stretch.

You should feel it stretching your quadriceps and hip flexors.



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Knee Hug to Forward Lunge Elbow to Instep Exercise

- Start by standing tall with your feet slightly apart, engage your **abdominal muscles** to stabilise your spine.
- Squat slightly as you lift your right knee, grabbing below the knee with your hands, then stand tall and pull your knee to your chest while contracting your left **glutes**.
- Release and step forwards into a lunge with your right foot, keeping your left leg as straight as you can, keeping your left knee off the ground, and activating your left **glutes**.
- Place your left hand on the ground for stability, keeping your back straight so that your body forms a straight line from your head to your heel.
- Push your right elbow deep down to the instep of your right foot as you exhale. Feel the stretch through your groin, lower back and left leg, hold for one deep breath, in and out.
- Place your right hand on the ground, outside of your right foot, and push your hips to the sky, keeping your back and your left leg straight, and pulling the toes of your right foot up towards your shin. Feel the stretch through your hamstrings, and hold for one deep breath, in and out.
- Drop your hips back down, raise your torso into good posture, as tall as you can, and push back up with your left **glutes** to a standing position.
- Repeat with your left leg and arm.
- Continue for the desired number of repetitions.

This is a complex movement, but it's well worth the practice to get it perfect.

You should feel it stretching the **glutes** and hamstrings of your front leg, the hip flexors in your back leg, and both groins.

Inchworm (Backwards) Exercise

- Start by standing tall, in **perfect posture**, with your feet slightly apart, engage your abdominal muscles to stabilise your spine.
- Gently exhale and bend forward from your hips. Try to keep your knees straight but not locked. Slowly lower your torso towards the floor until you can place your fingers, or the palms of your hands, on the floor in front of your feet. If your hamstrings are tight, you may need to bend your knees slightly. Try to keep your spine flat.
- Slowly begin to walk your feet backwards using your ankles, away from your hands. Continue walking your feet backwards beyond a push-up position. Keep your shoulder blades pushed forwards.
- Keeping your knees straight (but not locked), push your hips up and walk your hands towards your toes. Maintain a flat spine throughout and continue walking until your hands are close to your feet.
- Walk your feet back out to repeat.

Use small "ankle steps" to walk out with your feet – don't use your knees, hips, or quads.



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To maximise the benefits of this exercise, and reduce the potential for injury, it is important to monitor the position of your spine throughout. Focus on keeping your spine flat and avoid any rounding of your lower back. Taking smaller steps will help you to maintain the correct body position. Keep your knees straight (but not locked) and your **abdominal muscles** engaged. Keep your chin tucked towards your chest so that your head is in line with your spine.

You can make this exercise more challenging by walking your feet further out, but be careful not to put unnecessary stress on your shoulders.

You should feel a stretch through your hamstrings, shoulders, lower back, **glutes**, and calves.

Glute Bridge (Marching) Exercise

- Start by lying face up on the ground with your arms at your sides and your knees bent. Place your feet flat on the floor, hip-width apart with your toes facing away from you.
- Gently contract your **abdominal muscles** to flatten your lower back into the floor.
- Gently exhale and lift your hips up off the floor, keeping your **abs** engaged, until your knees, hips, and shoulders form a straight line.
- Hold your hips still while you lift your right knee to your chest.
- Return your right foot to the ground and repeat with your left knee.
- Repeat for the desired number of repetitions.

Avoid pushing your hips too high, which can cause hyperextension (arching) in your lower back. Keeping your **abs** strong helps to prevent excessive arching in your lower back.

Initiate the movement with your **glutes**, and maintain control using your hips. Keep your hips level with the floor, and push your tailbone away from the top of your head. Do not let your hips drop as you raise each knee.

You should feel it working your **glutes**, and to a lesser extent your hamstrings and lower back.



Drop Step Squat Exercise

- Start by standing in [perfect posture](#) with your feet pointing forwards.
- Open your right hip by stepping back, pivoting on your left foot, and rotating out your feet until the end of their range of motion is reached.
- Squat down into a comfortable stretch, your thighs about parallel to the floor.
- Push back up by extending your knees and hips.
- Return to the initial position.
- Repeat for the desired number of repetitions on one side, before switching and repeating on your other side.

Keep your torso erect and your [abdominal muscles](#) engaged. Do not let your knees sway in. Keep your body weight centred over the heel and mid-foot. Keep your heels in contact with the floor throughout the squat.

You should feel it stretching the inside of both thighs.

Core Rotation (1 Leg) Exercise

- Start by standing on your right foot, with your right knee slightly bent, holding a medicine ball in front of your waist with both hands.
- Take the ball behind you to your left, by rotating with your shoulders and torso, as you flex your left hip to raise your left knee in front of you.
- Rotate back to your right as you extend your left hip and leg behind your body.
- Repeat for the desired number of repetitions.
- Repeat by standing on your left foot and rotating the ball over your right knee.

Keep your [abdominal muscles](#) engaged, chest up, back flat, and your shoulder blades back and down.

You should feel it working your [core](#), legs and arms.

Squat to Throw Exercise

- Start by standing in an athletic position, holding a medicine ball in front of your chest.
- In one explosive movement, squat by sitting your hips back and down, keeping your heels on the ground, and then explode upwards, extending through your hips and arms to launch the ball straight up in the air as high as you can.
- Retrieve the ball and return to the starting position.
- Continue for the desired number of repetitions.



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If you don't have the space to throw the ball high, you can perform this exercise without actually letting go of the ball (featured).

Do not let your knees slide forwards past your toes, or collapse to the inside, during the squat. Keep your chest up, your **abdominal muscles** engaged, and your back flat.

You should feel it working your legs, hips and arms.

Chest Pass Exercise

- Start by standing in an athletic position facing a wall about 3 feet (1m) away, holding a medicine ball at arms length in front of your chest.
- In one explosive movement, bring the ball to your chest and then throw the ball as hard as you can against the wall.
- Catch the ball with both hands and return to the starting position.
- Continue for the desired number of repetitions.

Keep your **abdominal muscles** engaged, your chest up and back flat.

You should feel it working your chest and arms.

Perpendicular Throw (Kneeling) Exercise

- Start by kneeling with your knees about shoulder-width apart, with a wall about 3 feet (1m) away to your side, holding a medicine ball in front of your waist.
- In one explosive movement, take the ball back behind you by rotating your torso and hips away from the wall, and then throw the ball as hard as you can against the wall.
- Catch the ball with both hands and return to the starting position.
- Continue for the desired number of repetitions.
- Repeat on the other side.

Throw the ball in a straight line from your hips, attacking with the hip on your throwing side (furthest from the wall), thrusting it towards the wall as you drive the other hip back around, following with your torso, arms and then the ball.

Keep your torso as centred as you can, rotating around a fixed axis.



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Keep your [abdominal muscles](#) engaged, chest up, back flat, and your shoulder blades back and down.

You should feel it working your arms and [core](#).

Parallel Throw Exercise

- Start by standing in an athletic position, facing a wall about 3 feet (1m) away, holding a medicine ball in front of your waist.
- In one explosive movement, take the ball back behind you by rotating your torso and hips to the right, and then throw the ball as hard as you can against the wall.
- Catch the ball with both hands and return to the starting position.
- Continue for the desired number of repetitions.
- Repeat on the other side.

Initiate the throw by attacking with the hip on your throwing side, thrusting it towards the wall as you drive the other hip back around, following with your torso, arms and then the ball.

Keep your torso as centred as you can, rotating around a fixed axis.

Keep your [abdominal muscles](#) engaged, chest up, back flat, and your shoulder blades back and down.

You should feel it working your hips and [core](#).

Kettlebell Swing Exercise

- Start by standing tall in [perfect posture](#), your feet wider than shoulder-width apart and legs slightly bent, with a kettlebell on the floor in front of you at arms length.
- Bend forwards, hinging at the hips and dropping them back, bending your knees as needed and keeping your back straight, to grip the kettlebell with both hands.
- Pull your shoulder blades down, away from your ears, to tilt the kettlebell towards you.
- “Hike pass” the kettlebell between your legs to begin the movement.
- Once the kettlebell reaches its furthest point back, forcefully extend your hips to stand up, causing the kettlebell to swing forwards and up to chest height.
- As the kettlebell starts to descend, hinge at your hips and drop them back once more, keeping your back flat, and “hike pass” it back between your knees.
- Repeat for the desired number of repetitions.



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Don't actively **flex** or extend your back to swing the kettlebell – the movement is powered by your hips.

At the top of the movement, you are trying to stand up straight, not lean back. Many people have a tendency to hyperextend their lumbar spine (lower back), leading to back injury.

As you “hike pass” the kettlebell between your legs, feel your hamstrings loading and storing the energy from the kettlebell, ready to explode it forwards with your hips.

As you stand up, you are directing the energy of the kettlebell horizontally.

Keep your back flat, chest up, shoulder blades pulled back and down, and your **abdominal muscles** engaged throughout.

You should feel it working your hips, legs and back.

Lateral Bound Exercise

- Start by standing in **perfect posture**, balanced on your left foot, your arms in front of your body.
- Load your left hip and **glutes** by dropping your hips down and back as you swing your arms behind you.
- Bound across to your right as you throw your arms into the air, using your arms to help generate force.
- Land softly on your right leg, absorbing the impact with your hip, swinging your arms back behind you, and then immediately bound back to your left.
- Land softly on your left leg by absorbing the impact with your hip, and hold, balancing on your left foot until you are stable.
- Repeat for the desired number of repetitions.
- Repeat in the other direction, stabilising on your left leg.

Try jumping as high and as far as you can, while still being able to “stick the landing” to stay balanced.

Use your arms to generate force as you explode up and across through your hip.

Anticipate the ground, landing as softly as you can, absorbing the impact with your hip. Try to minimise the time in contact with the ground on the “quick” side.

Keep your chest up, back flat, toes pointing forwards, and your **abdominal muscles** engaged.



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You should feel it working your hips and legs.

Leg Curl on an Exercise Ball

- Start by lying on your back with your shoulders on the floor, your legs straight and your heels on top of an exercise ball.
- Lift your hips until your body is in a straight line from your ankles to your shoulders.
- Keeping your hips tall, bend your legs, pulling the ball towards you with your heels.
- Straighten your legs to push the ball back out.
- Repeat for the desired number of repetitions.

Initiate the movement by firing your **glutes**, and keep them contracted at the top of the movement.

Keep your **abdominal muscles** engaged, your back flat, and do not let your hips drop as you pull the exercise ball towards you.

You should feel it working your **glutes**, hamstrings, and lower back.

Russian Twist on an Exercise Ball

- Start by lying face-up with your shoulder blades resting on an exercise ball, your hips lifted in a bridge position, your shoulder blades back and down, your hands together and arms straight up in the air.
- Keeping your hips and thighs as horizontal as you can, rotate your shoulders and core to the right, rolling the exercise ball underneath your right shoulder until your shoulders are vertical.
- Return to the starting position and repeat the movement in the opposite direction.
- Repeat for the desired number of repetitions.

Contract your **glutes** and engage your **abdominal muscles** to keep your thighs and hips as parallel to the floor as possible. Keep your shoulder blades pulled back and down throughout. Do not let your hips drop during the movement.

You should feel it working and stretching your **core** and hips.



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Rotational Band Row (1 Arm) on an Exercise Ball

- Start by sitting on an exercise ball, holding a resistance band in your left hand that is anchored to the ground on your right.
- Rotate your shoulders to the right, reaching across your body with your left hand.
- Rotate your shoulders to your left as you pull your left hand around your body to the outside of your waist.
- Slowly return to the starting position.
- Repeat for the desired number of repetitions.
- Switch sides and repeat (with the band anchored to your left).

The movement should feel like you are trying to start a lawn mower.

Your shoulders should be facing away from the band anchor at the end of each pull.

Keep your chest up, your non-working shoulder blade pulled back and down, and your [abdominal muscles](#) engaged throughout.

You should feel it working your arms, [obliques](#), [lats](#), and the backs of your shoulders.

Lateral Lunge (Dumbbell) Exercise

- Start by standing tall, in [perfect posture](#), holding a pair of dumbbells on your shoulders with your elbows up.
- Inhale and slowly step to one side and lower your hips to the floor by squatting back and down with the stepping leg, keeping the other leg straight.
- Exhale and push off firmly with your bent leg to return to the starting position.
- Repeat the movement on your other side.
- Repeat for the desired number of repetitions on each side.

Try to maintain [perfect posture](#) throughout the exercise – your head over your shoulders, your chin up, chest up, your [abdominal muscles](#) engaged to stabilise your spine, and your shoulder blades back and down.

Keep your toes pointing forwards and your feet flat on the floor. Do not let your squatting knee slide over your toes – your shinbone should be vertical to the floor and your knee aligned with the second toe of your foot. Keep your weight back between your ankles and heels.

You should feel it working your [glutes](#), hamstrings, and quads, and stretching your groin and the inner thigh of the straight leg.

Split Squat Exercise

- Start by standing tall with your feet in a split stance, your torso inclined slightly forwards, with a dumbbell in each hand down by your sides.
- Drop into a split squat position, lowering your hips towards the ground as you drop your weight back into your hips, keeping your back knee off the ground, and your front knee inline with and behind your toes.
- Return to the starting position by pushing up with your front leg.
- Repeat for the desired number of repetitions.
- Switch legs and repeat.

Try to maintain [perfect posture](#) throughout the exercise – your head over your shoulders, your chin up, chest up, your [abdominal muscles](#) engaged to stabilise your spine, and your shoulder blades back and down.

Do not let your squatting knee slide over your toes or collapse to the inside – at the bottom of the squat your front thigh should be parallel with the floor with your shinbone in a slight forwards lean and your knee aligned with the second toe of your foot. Do not let your back knee touch the floor.

Contract the [glutes](#) of your back leg as you squat.

You should feel it working your [glutes](#), hamstrings, and quads, and stretching the hip flexors of your back leg.

Crunch on an Exercise Ball

- Start by lying face up on an exercise ball, your torso draped over the ball, with your hands supporting your head.
- Crunch your torso, pulling your chest and pelvis together.
- Relax and drape torso over the ball, feeling a mild stretch in your [abs](#).
- Repeat for the desired number of repetitions.

Keep your neck supported and relaxed. Keep your [abdominal muscles](#) engaged.

You should feel it working your [abdominal muscles](#).

Squat Jump Exercise

We suggest that you first learn how to squat and land before attempting to jump. Once you have mastered the hip-hinge mechanism, begin with small jumps, but focus on your landing mechanics. Only progress to more explosive jumps once you have mastered your landing mechanics.

- Start by standing with your feet about hip-width apart and your arms by your sides. Pull your shoulder blades down and back, and engage your **core muscles** to protect your spine.
- Shift your hips back and down, keeping your back flat, hinging at your hips and knees. Continue to lower yourself until you feel your toes about to lift off the floor.
- With only a very brief pause at the bottom of the squat, explode upwards through your lower body, pushing and fully extending your ankles, knees and hips simultaneously.
- Land softly and quietly on the middle of your feet, rolling backwards quickly towards your heels, pushing your hips backwards and downwards to absorb the landing.
- Immediately repeat the movement for the desired number of repetitions.

Keep your **abdominal muscles** engaged and your back flat throughout. Do not let your knees move over your toes as you squat down. Keep your chest up during the jump.

It is crucial that you land with the correct foot position, and avoid excessive forward movement in your knees.

You should feel it working your **glutes**, hips, knees and ankles.

Foam Roller Hamstring Exercise

- Sit on the ground with your legs straight, a foam roller under your right thigh, and your left leg crossed over your right.
- Lift your buttocks off the ground, supporting your weight with only your hands and the foam roller. Keep your **abdominal muscles** engaged.
- Roll along the full length of your hamstrings, from the back of your knee to just below your buttocks.
- Turn your toes in and out to work inside and outside of your hamstrings.
- Repeat with the roller under your other thigh.

To begin with, you may find this exercise easier if you uncross your legs and have both thighs on the foam roller at once, as shown at the start of the video in *Figure 1*, thus placing less weight on each thigh.



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Work the foam roller back and forth, gliding your hamstrings over the foam roller, for 30 to 60 seconds on each leg. As you work you'll discover muscle spasms and tender pressure points, hold on each pressure point for an additional 30 seconds until the muscle releases from spasm.

The first time you perform this exercise, it might be a little painful, just like a professional sports massage would be, but that's just a sign that you stand to benefit enormously from it. After the first few sessions, it will start to become considerably easier and more comfortable. The better it feels, and the less it hurts, the better the quality of your muscle tissue.

Only go as deep as you can tolerate, and slowly build up the amount of time you spend on this exercise.

Foam Roller Lateral Quadriceps Exercise

- Start by lying face down, with a foam roller under the front of one thigh and your other leg to the side. Use your forearms to help support your weight, keep your [abdominal muscles](#) engaged, and place as much weight on the foam roller as you can tolerate.
- Shift your body slightly so that the outside-front of your thigh is on the foam roller.
- Roll along the front side of your thigh from your hip to just above your knee.
- Repeat with the roller under your other leg.

For a really deep massage, you can cross your other leg over the back of the leg being massaged to increase the compression on your quadriceps.

Work the foam roller back and forth, gliding the front of your thigh (your Lateral Quadriceps) over the foam roller, for 30 to 60 seconds on each leg. As you work you'll discover muscle spasms and tender pressure points, hold on each pressure point for an additional 30 seconds until the muscle releases from spasm.

The first time you perform this exercise, it might be a little painful, just like a professional sports massage would be, but that's just a sign that you stand to benefit enormously from it. After the first few sessions, it will start to become considerably easier and more comfortable. The better it feels, and the less it hurts, the better the quality of your muscle tissue.

Only go as deep as you can tolerate, and slowly build up the amount of time you spend on this exercise.



Hip Adductor Rope Stretch Exercise

- Start by lying in a supine position (on your back, face up), with a rope wrapped around your left foot and around the inside of your left leg.
- Lift your left leg slightly and actively sweep it out as far away from you as you can, then gently pull on the rope with your left hand to assist the stretch.
- Exhale and hold for 2 seconds.
- Relax and then repeat for the desired number of repetitions.
- Repeat with the other leg.

Start with a small range of motion, and gradually try to increase the stretch with each rep.

Keep your toes pointed to the sky, your back straight, and your shoulders on the ground.

Keep your non-working leg flat on the ground, pushing your heel as far away from your head as possible and contracting your [glutes](#).

You should feel it stretching the inside of your thigh.

Hamstring Rope Stretch Exercise

- Start by lying in a supine position (on your back, face up), with a rope wrapped around your left foot.
- Actively lift your straight left leg as far as you can, and then gently pull on the rope to assist the stretch.
- Exhale and hold for 2 seconds.
- Relax and then repeat for the desired number of repetitions.
- Repeat with the other leg.

Start with a small range of motion, and gradually try to increase the stretch with each rep.

Keep your non-working leg flat on the ground, pushing your heel as far away from your head as possible and contracting your [glutes](#).

You should feel it stretching your hamstrings, as well as the hip flexors of the non-working leg.



Glute Rope Stretch Exercise

- Start by lying in a supine position (on your back, face up), with a rope wrapped around your left foot and around the outside of your left leg.
- Actively bring your left leg across your body as far as you can, and then gently pull on the rope with your right hand to assist the stretch.
- Exhale and hold for 2 seconds.
- Relax and then repeat for the desired number of repetitions.
- Repeat with the other leg.

Start with a small range of motion, and gradually try to increase the stretch with each rep.

Keep your toes pointed to the sky, your back straight, and your shoulders on the ground.

Keep your non-working leg flat on the ground, pushing your heel as far away from your head as possible and contracting your [glutes](#).

You should feel it stretching the outside of your thigh.
