

1

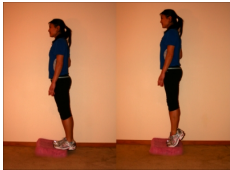


## STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

Repeat 10 Times  
Hold 2 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day

2



## Heel Raise

Use a rail to assist with balance.

Place toes on step and allow heels to drop below level of step.

With knees slightly bent, rise up on toes as high as possible.

Slowly lower down to start position.

Repeat 10 Times  
Complete 3 Sets  
Perform 1 Time(s) a Day

3

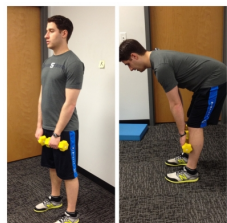


## BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as shown.

Repeat 10 Times  
Hold 3 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day

4



## Bilateral Romanian Deadlift (RDL) with free weights

Start standing tall. Maintain a neutral spine position while you push your buttocks backwards as you let your knees and trunk bend slightly. You should feel this in your hamstrings and buttocks.

Repeat 10 Times  
Complete 3 Sets  
Perform 1 Time(s) a Day