

BALANCING EXERCISES

STAND WITH ONE FOOT A LITTLE OFF OF THE FLOOR



STAND WITH ONE FOOT HIGH UP OFF OF THE FLOOR



STAND WITH ONE FOOT OUT TO THE SIDE



STAND TALL AND LIFT ONE FOOT WITHOUT HOLDING ON



LEG STRENGTHENING EXERCISES

QUADRICEPS EXERCISES

1 LEG LYING LEG EXTENSION

- Strap 5 pound weight on each ankle and lie on back doing a pelvic tilt
- Lift your left knee in toward the ceiling and then lift your left foot up toward the ceiling until you can feel your left thigh the tightest
- Now find a range where you can feel your left thigh stay the tightest through a small range of motion
- **SWITCH LEGS**

5 POUND ANKLE WEIGHTS – 2 SETS – 10 REPETITIONS



2 LEG LYING LEG EXTENSION

- Strap 5 pound weight on each ankle and lie on back doing a pelvic tilt
- Lift your left knee then your right knee in toward the ceiling and then lift both feet up toward the ceiling until you can feel your thighs the tightest
- Now find a range where you can feel your thighs stay the tightest through a small range of motion

5 POUND ANKLE WEIGHTS – 2 SETS – 10 REPETITIONS



STANDING QUADRICEP STRETCH

- Grasp mantle with your left hand and stand up straight and tall
- Now, hold onto right pant leg with your right hand and pull right leg back behind you
- Roll your right hip forward
- Soften your left knee
- Hold for 30 seconds-**SWITCH**



LYING LEG CURL- 2 LEGS AT A TIME

- Strap 5 pound weight on each ankle and lie
- Curl both of your feet toward the your rear end until you can find your hamstrings the tightest
- Now find a range where you can feel your hamstrings stay the tightest through a small range of motion coming up and down

5 POUND ANKLE WEIGHTS – 2 SETS – 10 REPETITIONS



LYING HAMSTRING STRETCH WITH ROPE



LYING HAMSTRING STRETCH WITH HANDS



GLUTES STRENGTHENING EXERCISES

LYING BRIDGES

- Lie on back on mat
- With feet together on mat and close to rear lift rear end as high to the ceiling as you can
- Hold in your abdominals as tightly as you can
- Now squeeze your rear and find a range where you can feel your rear stay the tightest through a small range of motion up and down

2 SETS – 10 REPETITIONS



LYING REAR STRETCH

- Lie on back on mat and cross left foot over right knee
- Hug left knee in toward your left side chest with left hand behind left knee and right hand on left ankle
- Hold for 30 seconds - **SWITCH**



INNER THIGH STRENGTHENING EXERCISES

LYING INNER THIGH RAISE (HIP ADDUCTION)

- Strap a 5 pound ankle weight on each ankle and lie on back on mat –PELVIC TILT
- Turn the toes of your right foot out to the side and lift your right leg up until you can feel your right inner thigh get the tightest
- Now raise and lower your right leg by squeezing your right inner thigh in a range where you can feel it stay the tightest
- **SWITCH LEGS**

5 POUND ANKLE WEIGHT – 2 SETS – 10 REPETITIONS



LYING OUTER HIP RAISE (HIP ABDUCTION)

- Strap a 5 pound ankle weight on each ankle and lie on mat with pelvic tilt
- Straighten right leg out on floor and turn the toes of your right foot in and lift your right leg up until you can feel your right outer hip get the tightest
- Now raise and lower your right leg by squeezing your right outer hip in a range where you can feel it stay the tightest
- **SWITCH**

5 POUND ANKLE WEIGHT – 2 SETS – 10 REPETITIONS



LYING OUTER HIP/GROIN STRETCH

- Lie on back on mat and cross left foot over right knee
- Put your left hand on inside of left knee and push left knee forward
- Hold for 30 seconds - **SWITCH**



STRENGTHEN FRONT OF LOWER LEG

STANDING TOE RAISE

This exercise will stop shin splints

- Stand against the wall perfect posture (your entire body against the wall)
- Bring your feet forward away from the wall about 1 foot
- With your legs straight raise your toes toward the ceiling until you can feel your front lower legs get tight
- Now raise your toes higher in a range where you can feel the lower leg and top of your feet stay the tightest

2 SETS – 10 REPETITIONS



STANDING FRONT OF LOWER LEG STRETCH



STRENGTHEN BACK OF LOWER LEG

STANDING HEEL RAISE

- Stand facing in toward wall with perfect posture
- Now raise your heels as high to the ceiling as you can and roll onto big toe of each foot
- Now find a range coming up and down where you can feel the calf stay the tightest
- Now lift up 10 times higher

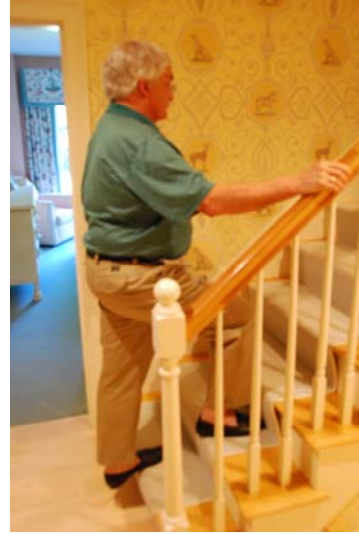
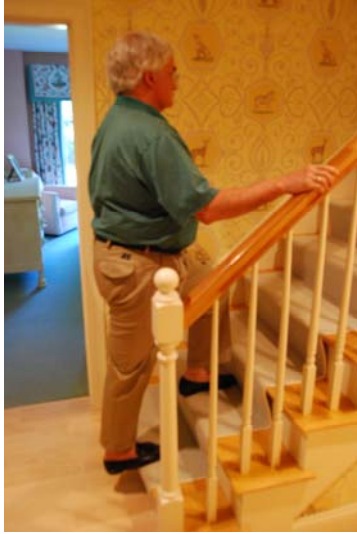
2 SETS – 10 REPETITIONS



STANDING SOFT CALF STRETCH



STANDING HARD CALF STRETCH



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