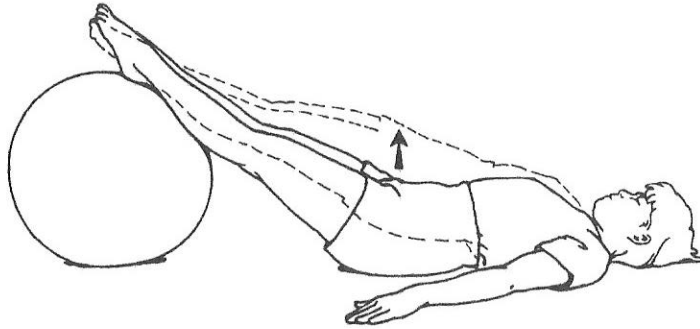


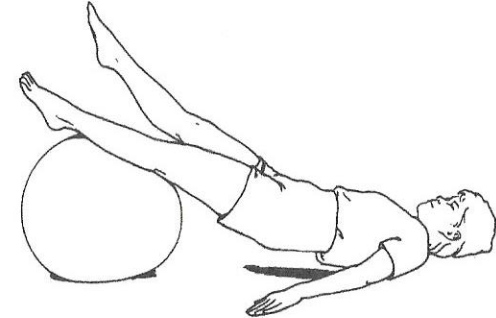
LOWER EXTREMITY - 6
Hip Extension Bridging with Heels on Ball



With heels resting on ball, lift hips off floor and return.
Keep knees straight.

Repeat 10 times per set.
Do 1 sets per session. Do 1-2 sessions per day.

LOWER EXTREMITY - 8
Single-Leg Bridging with Calf on Ball

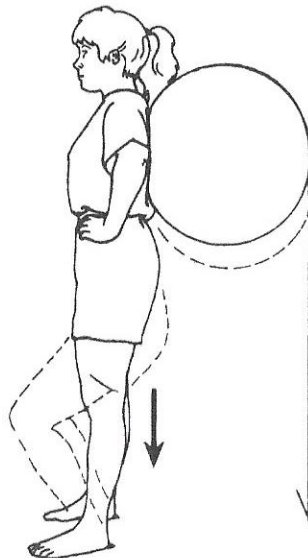


With calves on ball and hips off floor, raise one leg from ball and hold 3 seconds. Return to starting position and repeat with other leg.

Repeat 10 times per set.
Do 1 sets per session. Do 1-2 sessions per day.

LOWER EXTREMITY - 2
Medium Squat

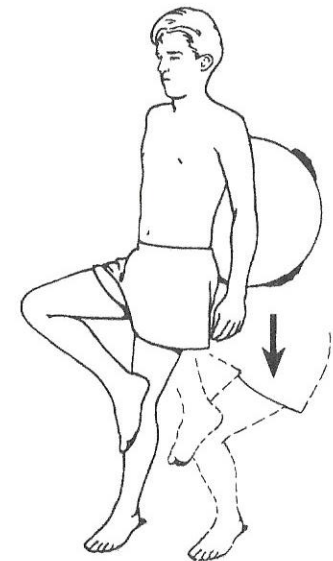
Perform a medium squat as shown.



Repeat 10 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

LOWER EXTREMITY - 4
One-Leg Squat

Standing on one leg, perform a squat as shown.



Repeat 5 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.