

Lower Limb Program – 3-4 weeks long

If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.

Repeat the Daily exercises one times per day. Then additional exercises E.g :

Monday – Daily + Day 1
 Tuesday – Daily + Day 2
 Wednesday – Daily + Day 3
 Thursday – Rest
 Friday - Repeat

Daily:

	Exercise	Sets	Reps
1	All Four Abs	2	6-8
2	Hip Rolls	1	20
3	Hip Lifts	2	6-8
4	90/90 Transition	1	15

Day 1:

	Exercise	Sets	Reps
1	Wall Calf Raise	3	10-20
2	Hamstring Bridge	3	12
3	Single Leg Stand	1	45 seconds
4	Calf Taps	1	Up to 5 mins

Day 2:

	Exercise	Sets	Reps
1	Rockback Breath	2	5
2	90/90 IR	2	5
3	Cross Over Reach	2	5
4	Hamstring ISO	3	15 – 45 seconds

Day 3:

	Exercise	Sets	Reps
1	Adductor Pullback	3	8-10 each side
2	SL Knee to Knee	3	8-10 each side
3	Pelvic Tilts	1	2-3 minutes
4	Bird Dog	3	8 each side