

## Lower Limb Program 2.0

**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 :

Daily:

	Exercise	Sets	Reps
1	<a href="#">Bear Lift</a>	2	6-8 each ide
2	<a href="#">Hip Rolls</a>	1	20
3	<a href="#">Hip Lifts</a>	2	6-8
4	<a href="#">90/90 Transition</a>	1	15

Day 1:

	Exercise	Sets	Reps
1	<a href="#">Wall Pogo</a>	3	10-20
2	<a href="#">Single Iso</a>	3	max time
3	<a href="#">Single Leg Stand</a>	1	45 seconds
4	<a href="#">Knee Taps</a>	3	45 seconds

Day 2:

	Exercise	Sets	Reps
1	<a href="#">Adductor Pullback</a>	3	8-10 each side
2	<a href="#">Side Plank Hip</a>	3	5 each side
3	<a href="#">Gait Bridge</a>	3	8-12
4	<a href="#">Tib Raises</a>	3	10-20