











#2 Strength Training (November 20th – December 10th)

- Please do not do any exercises that cause pain
- Please modify any exercises to work within your limits
- Workout should take approximately 15 minutes.
- Start with exercises #1 and #2 repeat back and forth for 3 sets. Then move on to #3 and #4 and repeat back and forth for 3 sets. Then end with #5 doing 3 sets on each leg.

<p>Inner Leg Raise 1) Starting position</p>  <p>Lay on side with top leg bent and foot placed behind straight leg. -Lean on bottom elbow and place top hand on floor in front</p>	<p>Outer Leg Raise 2) Starting position</p>  <p>-Lay on side with bottom leg bent and keep it on the floor -Lean on bottom elbow and top hand is placed on hip -Top leg stays straight and toe pulled in and pointed towards floor (leg will rotate just a bit)</p>	<p>Pushup Against Wall 3) Starting position</p>  <p>-feet shoulder width apart -hands on wall shoulder width apart and in line with shoulders</p>	<p>Reverse Step Up 4) Starting position</p>  <p>- stand with back toward the bottom step.</p>	<p>Single Leg Raise 5) Starting position</p>  <p>-lay on your back. Hips rotated under and pull your belly button to the floor so your low back is touching or close to touching the ground.</p>
<p>1) Active Position</p>  <p>-Keep toe of straight leg pulled in toward shin. -Raise and lower straight leg about 6 inches.</p>	<p>2) Active Position</p>  <p>-raise and lower straight leg about 8-10 inches -Maintain straight line from heel of straight leg to shoulders</p>	<p>3) Active Position</p>  <p>-bend elbows so nose touches wall in between the hands and return to starting position.</p>	<p>4) Active Position</p>  <p>-Step up so both feet are on the first step and step back down. Repeat using the same leg all 15 times then switch legs.</p>	<p>5) Active Position</p>  <p>-Bend one leg with foot flat on floor. -Be sure to always keep hips rotated up and belly button pulled down. -Raise straight leg into air as far as you can go up to 90 degrees. If you feel a stretch in the back of your leg back it down a little.</p>
<p>1) Time/Repetitions</p> <p>- Repeat 20 times on each leg</p>	<p>2)Time/Repetitions</p> <p>-Repeat 20 times on each leg</p>	<p>3) Time/Repetitions</p> <p>-Repeat 15 times</p>	<p>4) Time/Repetitions</p> <p>-Repeat 15 times on each leg</p>	<p>5) Time/Repetitions</p> <p>-Repeat 15 times on each leg</p>