***Ankle/Foot: Elastic Band***

2x12 calf drop each leg

2x25 ankle bands each way: up, down, left, right

Balance and Reach: Knee slightly bent, lift arch off the ground and keep big toe planted, balance, and reach forward at the waist. 2x15 reps per leg.

***Core: Bosu/foam roller***

**Plank: 60 seconds**

**Superman plank: 2x 10 seconds each side**

Hold the plank position and fully extend your left arm and right leg (like Superman flying). After 10 seconds, switch to your right arm and left leg.

**Side Plank: 60 seconds each side**

**Side Plank hip-ups with underhand: 10 reps each side**

Lie on your side, resting on your elbow with your hips on the ground, push your hips up into a side plank. As you push your hips up, extend your non-weight-bearing arm up towards the ceiling. Twist your torso and bring this hand under your body between your hips and elbow as far as you can reach. Engage your obliques as you twist, then return your hand to the extended position. Bring your hips down and repeat 10 times on each side.

**Reverse Plank: 60 seconds**

**Reverse Plank leg lifts: 10 reps**

In the reverse plank position, alternate lifting each leg as high as you can. Keep your legs straight and your hips and core tight.

**Bicycle: 60 seconds**

**Mason Twist: 50 reps**

Balance on your butt with your legs in the air, clasp fist and go side to side.

**Prone Stabilizer: 2x 15 seconds each side**

In the pushup position, lift one leg off of the ground and hold for 15 seconds. Switch legs.

**Supine Stabilizer: 2x 15 seconds each side**

In a reverse pushup position, supporting your body with your hands and heels, lift one leg off of the ground and hold that position for 15 seconds. Switch legs.

**Scissors: 2x10 reps (10 seconds each)**

Lie on your back. Lift one leg as high up as you can while keeping the other leg a few inches off the ground. Hold for 10 seconds and scissor your legs so the other leg is high up and the other near the ground.

**Side Plank Knee To Chest: 20 reps each side**

In a side plank, let your shins rest on a BOSU ball or foam roller. Keeping your body level to the ground, drive your top knee toward your chest while moving your upper arm back in a running motion. Move your opposite leg up to a high knee position and the same arm will swing behind, parallel to the ground.

**Clamshell: 20 reps each side**

**Reverse Clamshell: 20 reps each side**

***Hips/Hamstrings***

**Kicking Toe Touches: 2x20 reps**

Stand upright and kick your leg straight out, keeping your knee rigid. Touch your toe with the opposite hand. Alternate leg kicks.

**Side Leg Swings: 20 reps each leg**

Stand on one foot and sweep the other leg from left to right. Work your hips and try to keep your balance as much as possible. After 20 reps, switch legs.

**Standing Knee Raises 40 reps**

Bring your knee up as high as possible while balancing on your other foot. Alternate.

**Hot Salsa: 2x20 reps (pic)**

Step into a wide lunge and reach a weighted ball as far out in front of you as possible. Shift your weight forward on your front foot. While keeping the ball forward, lift your back leg off the ground and rise up to a perfect running position.

**Runner Touch: 20 reps each side (pic)**

Strike a pose in perfect running position with one leg in high knee position. Balancing on the one leg, bend at the hip and touch the toe that’s on the ground with the opposite hand while the leg in the air rotates under and back. Make sure the standing leg remains stable and as straight as possible while enabling you to touch the ground. Be sure to prevent the moving knee from crossing the midline while that leg straightens out behind you. Come back up to running position quickly without losing balance, pause for a second or two, and repeat. Switch legs and repeat.

**Mountain Climbers: 2x20 reps (pic)**

Drop to a plank position with your forearms on a medium-sized stability ball. Keeping your core tight, bring a knee to the ball. Try to keep the ball and torso as steady as possible. Alternate knees to the ball throughout the exercise.

**Jane Fonda: 20 reps each leg (pic)**

Lie on your side and place your bottom hand behind your head. Put your top hand on your upper up, pressing your pelvis forward to make sure it does not rotate back during the exercise. Use your core muscles to stay steady. Keeping the top leg straight, lift it up and then back using your glutes to lift the leg. By keeping the outside of your foot level to the ground, you should feel the fatigue in your gluteus medius.

**Reverse Bridges on Stability Ball: 20 reps each leg**

Lie on your back, your hands at your sides, with your legs totally extended and ankles resting on a stability ball. Lift one foot off the ball, bring your hips up to align your whole torso, and use your hamstrings to “roll” the stability ball up to your butt. Keeping your hips strong, roll the ball back to the extended position. Complete 20 reps and switch legs.

**Single Leg Hip Lifts on Back: 2x20 reps each leg**

Lie on your back, your hands at your sides, with your knees bent and feet flat on the ground. Lift one foot up and thrust your hips towards the ceiling to align your whole torso. Bring your hips back down to the ground, complete 20 reps, and switch legs.

**Donkey Kick: 20 reps each leg**

***Plyo***

**Split Jump Squats: 2x20 reps**

Step into a deep lunge position. In one swift jump motion, scissor your legs and land in a deep lunge position with the opposite leg forward. Continue alternating lunges for 20 reps

**Single Leg Squats: 20 reps each leg**

Balance on one foot. In a perfect running form, drop down into a squat stance as low as you can, spring up to the original upright position and try to keep your balance as much as possible. Similar to running form, swing your arms as you squat down and spring back up.

**Single Calf Raise: 2x10 reps each leg**

Stand on a step or ledge on one leg. Let your heel hang off below the ledge and raise your calf up as much as possible. Slowly lower. Repeat 10 reps and switch leg.

**Weighted Step Up: 40 reps each leg**

Use a chair or large leg and step up with one leg, focusing on using your quads as much as possible to initiate the step up. Do not push off with the back leg! Bring your back leg up behind your lead leg. Step down with your lead leg and then again with your back leg. Complete 40 reps and switch lead legs.

**+ Jumps: 2x10 reps each leg**

Balance on one leg. In a series of small hops, make a + sign on the ground. To clarify, jump forward, backward, and side-to-side to create the + or t. Complete 10 reps and switch feet.

***Arms/Shoulders***

**Rotator Cuff-Internal Rotation: 15 reps each side**

Tie a resisitance band to a solid object. Keep your elbow at your torso at a 90-degree angle. Make sure the band is tense as your shoulder is rotated all the way out (hand away from your body). Keeping your elbow stationary, bring your fist toward the opposite side of your torso while keeping your forearm parallel to the ground.

**Rotator Cuff- External Rotation: 15 reps each side**

Tie a resistance band to a solid object. Keep your elbow at your torso at a 90-degree angle. Make sure the band is tense as your fist is touching the opposite torso without pulling your elbow. Keeping your elbow stationary, bring your fist all the way out as far from your body as possible while keeping your forearm parallel to the ground.

**Push Ups: 10 reps**

**Wide Push Ups: 15 reps**

**Pull Ups: 2x 5 reps**

**Reverse Pull Ups: 2x 5 reps**

 {Do as many as possible!



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