

1



Cross Over Walk / Carioca

Cross your right foot in front of your left and then take a lateral step with your left foot as you step sideways. Then cross your right foot behind your left leg and take a lateral step with your left foot as you continue to step sideways. Alternate stepping your lead foot in front and then behind the trail leg for 20 yards. Repeat going in the opposite direction.

2



Mini-Band Walk

Place a mini-band around your ankles. Stand with feet shoulder width apart and toes pointed straight ahead. Keeping knees unlocked, perform sidestepping move to the right, keeping tension in the band. Make sure your toes point straight ahead. Perform 3 x 20 yards.

3



Foam Roll Balance

Place foot on a 1/2 foam roll with the round side down. With your knee unlocked, balance on the foam roll for 1 minute. If you lose your balance, be sure to place your free foot on the ground to readjust and start again.

4



Anterior Cone Touch (Both Arms)

Stand on right leg with knee unlocked and foot pointing straight ahead. With your chest up tall, hinge at your hip as you bend forward to touch a cone or any 6" high object about 1-2' in front of you with both hands. Return to the starting position. Perform 3 x 12 repetitions. Repeat while standing on the other leg.

5



Wall Airplane

Stand on one leg with toes pointing straight ahead and knee unlocked approximately 2-3 feet in front of a wall. Hinge at your hip as you lean your trunk forward and place your opposite foot lightly on the wall behind you. Hold this position for 45-60 seconds. You should feel it in the gluteal and thigh muscles of the standing leg.

6



Modified Side Plank

Lay on your side so your body is propped up on your forearm. Bend your bottom knee 90°. Lift your hip off of the floor, making a "plank" with your body. While you maintain this position, lift your top leg 12 times. Perform 3 x 12 repetitions. Repeat on the opposite side.