

1. Massage/ foam rolling



Get into a kneeling position on all fours and place the foam roller in front of your knees, walk your hands forward a bit and place both forearms down on the ground. To roll, use your arms to push yourself backward and pull yourself forward. **N.B! Do not roll over your kneecap.**

Roll for 2min.



Sit down on a flat surface with your legs in front of you, knees bent. Place the foam roller under your legs, so that it touches the back of your thighs and place your hands palms down on the floor next to you. Next, straighten your legs at the knees, then press into your hands and raise your hips off the ground. To roll, use your arm strength to push yourself forward and bring yourself back. **N.B! Do not roll underneath your knee.**

Roll for 2min.

2. Easy rolls



Lay down on your back, place your hands down by your sides, and one by one place your heels and lower calf on the center of the ball. Slowly bring your knees in rolling the ball towards you, then straighten your legs, pushing the ball away.

N.B! During this movement, make sure your knees travel in a straight line.

Do 30 repetitions.

3. Hamstring rolls



Now we will add on from the previous exercise. Start with your legs extended, the ball rolled away from you. Bend your knees and roll the ball in, then press your heels in, squeeze your glutes and lift your hips off the ground.

Without lowering your hips, push the ball away from you until your knees are straight, and then come down with your hips.

Do 10 repetitions.

4. Ball squeeze



Lay down on your back and bend your knees, place the ball between them and rest your hands on the floor next to you. To begin, squeeze the ball with your knees as hard as you can for 10 seconds, then relax. Repeat.

Do 10 repetitions with 10 sec hold.

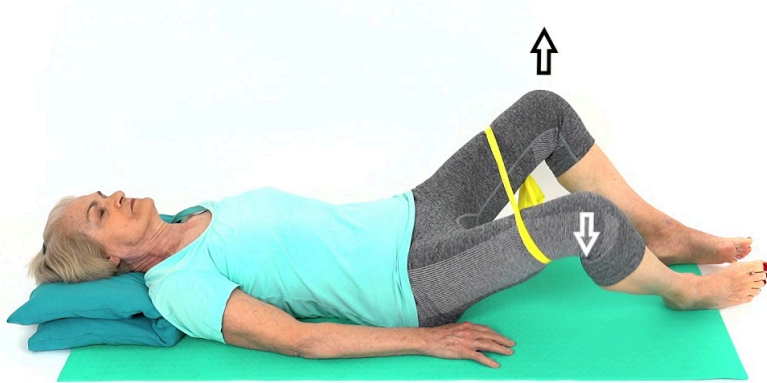
5. Ball squeeze + hip raise



In the same position as in the previous exercise, squeeze your glutes and the ball between your legs, lift your hips up off the ground. Hold this position for 10 seconds and slowly lower your hips down.

Do 10 repetitions with 10 sec hold.

6. Hip abduction (knees out) with band



Place a resistance band above your knees and lay down on your back, knees bent. To do the exercise, push your knees out against the band as far as you can and hold for 10 sec. Then relax and slowly bring them together again.

Do 10 repetitions with 10 sec hold.

7. Calf raises (straight, toes in, toes out)



1,080 × 1,080

Stand in front of a wall, countertop, windowsill, etc., for balance. With your toes facing forward, raise your heels up as far as you can and then slowly come back down and place them on the ground. Do this for 10 repetitions. Rest. Afterwards change the position of your toes so they point in, do 10 reps. Rest, once again repeat with your toes facing out.

Do each foot position variation for 10 repetitions.

Make this exercise harder by standing on a ledge, stair, or any other raised surface that has enough room for you to lower your heels below the level of your toes.

8. Slow leg raises (front, side, back)

Front



Back



To the side



Stand in front of a wall, countertop, windowsill, etc., for balance and support if needed. Place the resistance band around your ankles. This exercise goes through three different directions that you will move your leg: forward, to the side and backwards. During each motion make sure that you stand tall, firm up your core, keep your moving leg's knee straight, and come back to neutral position with your leg slowly.

10 each side x 2 sets

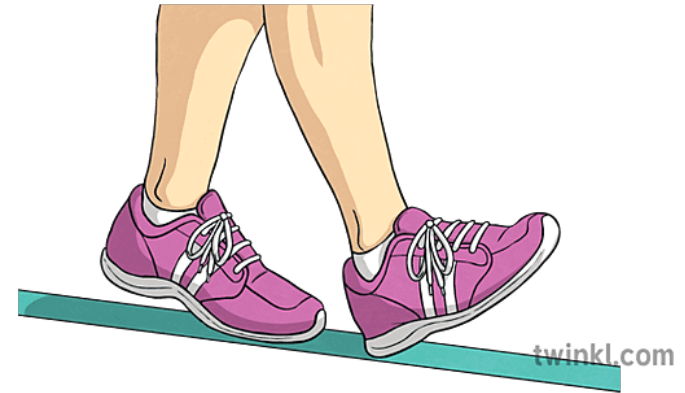
9. Marching



Place a resistance band underneath the middle part of both feet and stand in front of a wall, countertop, windowsill, etc., for balance if needed. To do the exercise, keep your foot flexed up towards the ceiling and march in place by bending one knee and lifting the foot off the ground, then slowly lowering it down.

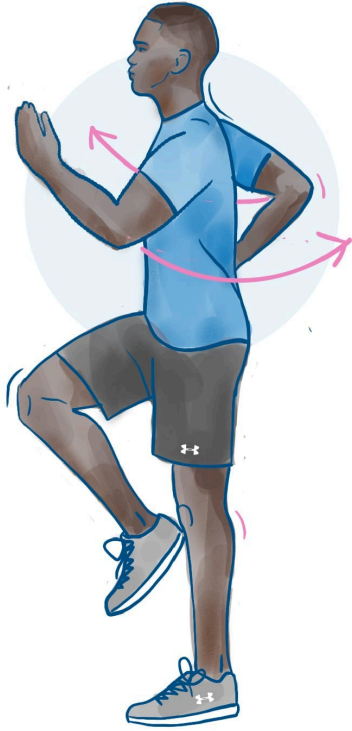
N.B! If you are not using your hands for balance, you can swing the arm opposite to the raised leg as you march in place.

10. Walk the line



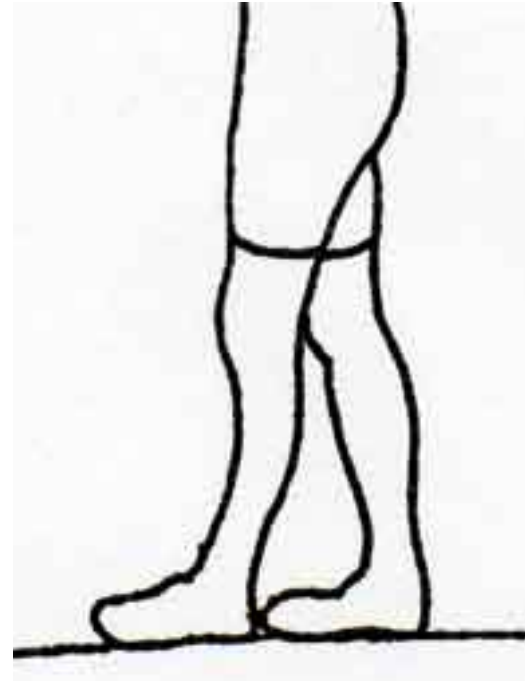
If you can, find a line on the floor to use as a guide, you may walk next to a wall if you feel unstable. To do the exercise, take small steps forward placing the heel of one foot in front of the other's toes. Try to keep your chin up and look ahead where you are walking. **Once you reach the end of your "line", walk backwards to where you started**

11. Happy walk



Use the same line as before, you may be next to a wall if you feel unstable. Stand in the direction that you will walk. Before taking the first step, bend your knee and raise the foot off the ground, swing your opposite arm up. Hold this position for one second, make sure you are stable, then step forward, heel first, with your raised leg. Place your entire weight on the new standing leg and raise your other leg and opposite arm into the described position. **Once you reach the end of your "line", walk backwards, stepping toe first, to where you started**

12. Toe-heel balance



If during previous exercises, you felt unstable and needed support from a wall for balance, please continue to do so. For this exercise, grab a ball and place your feet in one line, heel touching toes. While maintaining your balance throw the ball up in the air and catch it. If this feels ok, throw the ball up in the air and clap twice before catching it.

Do X reps/time with one foot in front and then switch.