

6-16-16

**Supine Quad Set**

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

**Setup**

- Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

**Movement**

- Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

**Tip**

- Make sure to keep your back flat against the floor during the exercise.

**Supine Active Straight Leg Raise**

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

**Setup**

- Begin by lying on your back with one knee bent and your other leg laying flat.

**Movement**

- Slowly lift your straight leg until it is parallel with the other thigh then lower it back to the starting position.

**Tip**

- Do not let your back arch during the exercise.

**Supine Hip Adduction Isometric with Ball**

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

**Setup**

- Begin lying on your back with your legs bent, feet resting on the floor, and a soft ball positioned between your knees.

**Movement**

- Squeeze your knees together into the ball, then release and repeat.

**Tip**

- Make sure to keep your back flat against the floor during the exercise.

**Clamshell with Resistance**

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

**Setup**

- Begin by lying on your side with your knees bent 90 degrees, hips and shoulders stacked, and a resistance loop secured around your legs.

**Movement**

- Raise your top knee away from the bottom one, then slowly return to the starting position.

**Tip**

- Make sure not to roll your hips forward or backward during the exercise.