Strengthening Exercises

Goal: Work toward 3 sets of 10 repetitions for each exercise.

Hold each exercise 5-10 seconds.

Plank

Clamshell

Side Plank

Glute Matrix:

Boxes

Bridge

Circles

Oblique Twist

Extras:

Bicycles

Top: Supermans
Above: Supermans Alternating
Right: Band Side Shuffle

Straight Up and Down
Strengthening Exercises

**Goal:** Work toward 3 sets of 10 repetitions for each exercise.

Hold each exercise 5-10 seconds.

- **Toe Raise - Straight**
- **Toe Raise - Bent**
- **Heel Walk**
- **Lunge**
- **Single Leg Raise: Toe Up, Toe Out, Toe In**
- **Squat**
- **Single Leg Stand - Eyes Open, Eyes Closed**
- **Toe Scrunches**