



Standing Leg Curl

1. Start in a standing position with your back straight and grab onto something stable for help with balance.
2. Curl your knee by bringing your foot back and up toward your buttocks while the other leg stays on the ground, then slowly lower it back down
3. Perform 3 sets of 8-12 repetitions on each leg, alternating legs after each set.



Standing Side Leg Raise

1. Start in a standing position with your back straight and grab onto something stable for help with balance.
2. Keeping your back straight, raise one leg out to the side while the other leg stays on the ground, then slowly lower it back down
3. Perform 3 sets of 8-12 repetitions on each leg, alternating legs after each set.



Seated Leg Kicks

1. Start in a seated position.
2. Kick one leg out at the knee while the other leg stays on the ground, then slowly lower it back down
3. Perform 3 sets of 8-12 repetitions on each leg, alternating legs after each set.



Straight Leg Raise in Supine

1. Start by lying on the ground flat on your back.
2. Keeping your core engaged, raise one leg straight up while the other leg stays on the ground, then slowly lower it back down
3. Perform 3 sets of 8-12 repetitions on each leg, alternating legs after each set.



Mini Wall Squats

1. Start with your back flat against the wall
2. Place your feet at a comfortable distance from the wall
3. Place your feet shoulder width apart
4. Keep your hands on the side of your body, or out in front of you
5. Slide your back down the wall while bending your knees until your thighs are halfway to parallel with ground, then straighten your legs to return to the start position
6. Perform 3 sets of 8-12 repetitions

F.I.T.T Principle

F: 3x per week, then increase as tolerated

I: 3 sets of 8-12 reps at an RPE of 5/10 (challenging)

T: Resistance training and mobility exercises

T: 1 min per exercise x 3 sets x 5 exercises = ~15 minutes (not including rest time between sets)

Exercises	Progressions	Common Mistakes
Standing Leg Curl	Once you're able to do 12 reps with ease, use a resistance band by wrapping it around the ankle of the working foot and then stepping on it with your resting foot to create resistance. Use a band with more resistance for your next progression.	<ol style="list-style-type: none"> 1. Not controlling your movement. Control your movement by raising and lowering your leg slowly. 2. Swinging entire leg back. Try to only bend your leg back at the knee.
Standing Side Leg Raise	Once you're able to do 12 reps with ease, use a resistance band by wrapping it around both feet, using the resting foot as an anchor to create resistance. Use a band with more resistance for your next progression.	<ol style="list-style-type: none"> 1. Leaning with your entire body rather than only raising your leg at the hip. Try to keep your back straight up throughout the movement
Seated Leg Kicks	Once you're able to do 12 reps with ease, use a resistance band by wrapping it around both feet, using the resting foot as an anchor to create resistance. Use a band with more resistance for your next progression.	<ol style="list-style-type: none"> 1. Not controlling your movement. Control your movement by raising and lowering your leg slowly. 2. Fully locking knee at the end of the kicking movement. Keep a slight bend to avoid unwanted stress.
Straight Leg Raise in Supine	Once you're able to do 12 reps with ease, use a resistance band by wrapping it around both feet, using the resting foot as an anchor to create resistance. Use a band with more resistance for your next progression.	<ol style="list-style-type: none"> 1. Not controlling your movement. Control your movement by raising and lowering your leg slowly.
Mini Wall Squats	Once you're able to do 12 reps with ease, progress to full wall squats, then regular squats. Full wall squats are the same as mini wall squats, but your thighs should reach parallel with the ground. For regular squats, you should start by standing with your feet at shoulder width apart. With your hands out in front of you, squat down while keeping a back straight at a 45 degree angle until your thighs are parallel with the ground. Make sure you keep your core tight.	<ol style="list-style-type: none"> 1. Standing too narrow or too wide. Place your feet shoulder width apart. 2. Letting knees fall inward. Keep your knees parallel at all times. 3. Leaning onto 1 hip. Try to squat down in a straight line 4. Regular squats: bending your back too far forward. Try to not go past a 45 degree angle.



Leg Curl in Prone

1. Start by lying on the ground flat on your stomach with your hands supporting your head.
2. Curl your knee by bringing your foot toward your buttocks while the other leg stays on the ground
3. Slowly lower it back down
4. Perform 3 sets of 8-12 repetitions on each leg, alternating legs after each set.



Clamshells

1. Start by lying on your side with knees slightly forward and bent
2. Place your bottom arm under your head, while using your top arm to stabilize yourself by placing your hand on the ground
3. Lift your upper knee up and back while keeping your feet together
4. Slowly lower your knee back down
5. Perform 3 sets of 8-12 repetitions on each leg, alternating legs after each set.



Knee Sets

1. Start by laying your legs flat on ground with your torso upright and your hands on the ground for stability.
2. Point your toes toward you, then push your knee down into the ground and hold for 3 seconds
3. Relax your knee
4. Perform 3 sets of 8-12 repetitions on each leg, alternating legs after each set.



Heel Slides

1. Start by lying on the ground flat on your back and arms to your side.
2. Slide one heel back toward your buttocks by bending at the knee, while keeping the other leg flat
3. Slide your heel back down
4. Perform 3 sets of 8-12 repetitions on each leg, alternating legs after each set.



Sit to Stand

1. Start in a seated position with your back upright and your feet shoulder width apart.
2. Stand up off the chair while using your arms to support you
3. Slowly sit back down by pushing your buttocks back and using the arm rests for help
4. Perform 3 sets of 8-12 repetitions.

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Exercices	Progressions	Common Mistakes
<p>Leg Curl in Prone</p>	<p>Once you're able to do 12 reps with ease, use a resistance band by wrapping it around both feet using the resting foot as an anchor to create resistance. Use a band with more resistance for your next progression.</p>	<p>1. Not controlling your movement. Control your movement by raising and lowering your leg slowly.</p>
<p>Clamshells</p>	<p>Once you're able to do 12 reps with ease, use a resistance band by wrapping it around both knees, using the resting knee as an anchor to create resistance. Use a band with more resistance for your next progression.</p>	<p>1. Disconnecting your feet. Keep your feet touching throughout the movement.</p> <p>2. Rolling onto your back. Be sure to stay on your side throughout the movement.</p>
<p>Knee Sets</p>	<p>Once you're able to do 12 reps with ease, increase the amount of time you hold the contraction for to 5 seconds and then 7 seconds for your next progression.</p>	<p>1. Not focusing on knee. Think of the exercise as if you're trying to touch the floor with the back of your knee.</p>
<p>Heel Slides</p>	<p>Once you're able to do 12 reps with ease, use a resistance band by wrapping it around the ankle of the working leg, and the bottom of the foot of the resting leg which will act as an anchor to create resistance. Use a band with more resistance for next progression.</p>	<p>1. Not controlling movement on the way down. Try slide your heel down slowly.</p> <p>2. Letting your knee fall out to the side. Try to keep your knee facing the ceiling throughout the movement.</p>
<p>Sit-to-Stand</p>	<p>Once you are able to do 12 reps with ease, progress to standing up without the use of arms for support.</p>	<p>1. Standing too narrow or too wide. Place your feet shoulder width apart.</p> <p>2. Not controlling movement. Try to sit down slowly, so as to not fall into the chair.</p>