

YOU SHOULDN'T RUN UNLESS YOU CAN ...

REVERSE PLANK WITH LEG LIFT

Start by laying on your back with elbows bent at 90 degrees directly under shoulders. Have feet together. Engage abs, lift hips up so legs are even/parallel with torso. Alternate lifting legs without allowing hips to drop or rotate. Perform 5-15 reps, 1-3 sets..



PERFORMED INCORRECTLY



EXERCISE PROGRESSION



COMMON COMPENSATIONS

With glute and hamstring weakness the hips may drop to the ground or rotate to the side.

MODIFIED DESCRIPTION

Keep both feet on the ground while keeping hips raised so legs are even with torso. Hold for 30-60 seconds.

SIDEPLANK WITH LEG LIFT

Start off lying on side with feet together with elbow bent directly under shoulder. Engage abs, lifting hips so legs are parallel/ even with torso. Raise arm up directly toward sky/ceiling, while lifting leg up. Do not allow hips to drop. Perform 2-4 sets of 20-60 second holds.



PERFORMED INCORRECTLY



EXERCISE PROGRESSION



COMMON COMPENSATIONS

If the lower leg glute medius muscle and the lateral trunk muscles are weak the pelvic will drop towards the floor.

MODIFIED DESCRIPTION

Keep the feet together while holding hips up so the legs are even with the torso.

GYM BALL SINGLE LEG HAMSTRING CURL

Lying in the supine (on back) position with heel/calves resting on Gym Ball about 6-12 inches apart. Engage abs, press heels firmly into ball lifting hips up so legs are parallel to torso. While keeping hips up and level, lift one leg off ball. Dig heel into ball curling ball underneath you. Do not let hips drop or rotate while curling. Curl in with a 2-second count and curl out with a 3-4 second count. Perform 2-4 sets of 10-20 reps with each leg.



PERFORMED INCORRECTLY



EXERCISE PROGRESSION



COMMON COMPENSATIONS

If the hamstring is weak, low back extensor muscles are engaged causing the hips to lift higher.

MODIFIED DESCRIPTION

Use two legs while keeping the knees the same width throughout the entire movement.

Single leg squat-posterior reach

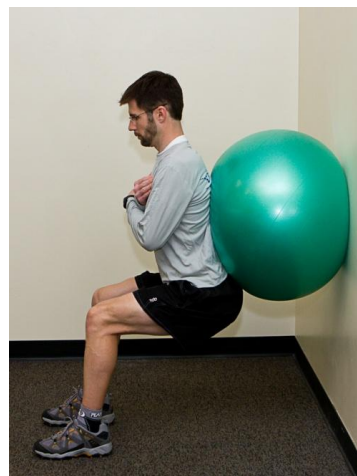
While standing upright with feet hip width apart, lift one foot off ground slowly reaching backwards (as if you were rolling a tennis ball underneath the foot). As foot reaches back lift arms up leaning chest forward (45 deg angle) so the torso is even with the backwards reaching leg. Bend the front knee into the squatting position. Keep feet the same width apart the entire movement so hips do not rotate (ie. feet ending up one in back of the other)Keep the knee aligned under the hip and centered over the foot, but behind the toes. Lower self down with a 3-4 second count and returning to an upright position with a 2 second count. Perform 2-3 sets of 10-20 reps on each leg.



PERFORMED INCORRECTLY



EXERCISE PROGRESSION



COMMON COMPENSATIONS

Weak glute and hip stabilizers cause an individual to use more quad activation(knee in front of the toes) Also the knee will rotate in with back foot crossing over the front foot.

MODIFIED DESCRIPTION

Use 2 legs and a Gym Ball. Place feet hip width apart and knees behind toes. Keep pressure in the heels while lowering

Single Leg Calf Raise

Standing on one leg, keeping knee straight, press into ball of foot (Keeping pressure in big toe) lifting heel off of ground. Do not allow heel to flair out while lifting. Lift up with a 2 second raise, and lower with a 3-4 second period. Perform 3 sets to fatigue.



CORRECT FORM



Modified