
Riding (Tricycle)

Intensity: low 5 min, med 5 min high 5

Preparation:

- Put your child on a tricycle
- Hands on the bars, feet on the pedals

Execution:

- Encourage your child pedal the tricycle



Hands on the bars, feet on the pedals Head and trunk upright



Encourage your child to pedal

Running Treadmill

Tempo: 2 min low, 2 min med, 2 min high | Duration: 20 minutes



Elliptical

Intensity: 2 min low, 2 min med, 2 min high | Duration: 20 minutes



Single Leg Balance + Ball Toss

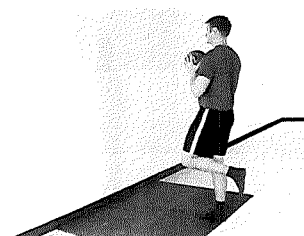
balance: 4 times 1 minute

Preparation:

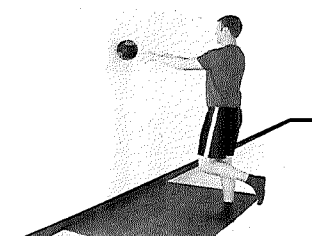
- Stand on one foot

Execution:

- Toss ball against the wall



Stand on one foot



Toss ball against wall

Deep Squat (Ball at Knees)

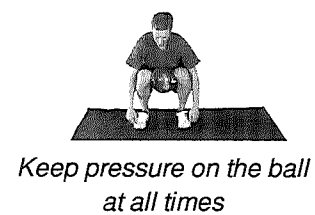
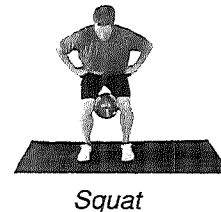
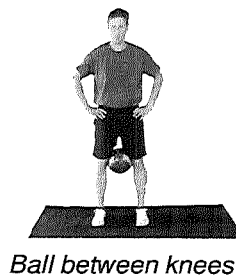
Sets: 2 | Reps: 10-15 | Rest: 10 sec

Preparation:

- Ball between knees

Execution:

- Squat deep
- Keep pressure on the ball at all times



Wall Squat + Adductor Contraction (Ball)

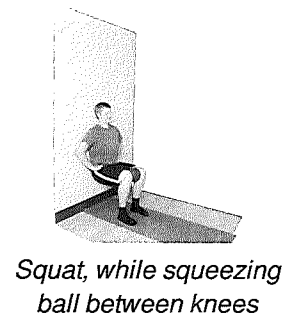
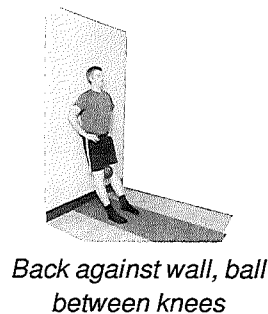
Sets: 2 | Reps: 10-15 | Rest: 10 sec

Preparation:

- Stand with back against wall, feet away from wall
- Ball between knees

Execution:

- Perform a squatting motion, sliding down the wall
- Squeeze ball gently between your knees
- Rise up, straightening at the hip



Clamshell Side Plank

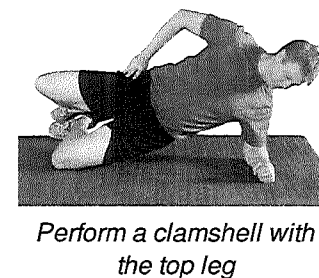
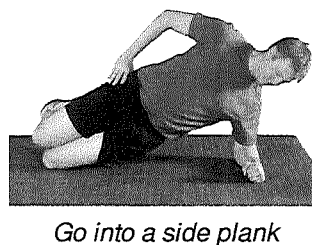
Sets: 2 | Reps: 10 | Rest: 10 sec

Preparation:

- Go into a side plank

Execution:

- Perform a clamshell with the top leg
- Do not twist through your trunk



Clamshell Side Plank (Band)

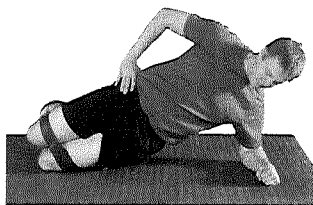
Sets: 2 | Reps: 10-15 | Rest: 10 sec

Preparation:

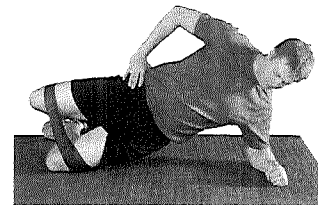
- Band around knees
- Go into a side plank

Execution:

- Perform a clamshell with the top leg
- Do not twist through your trunk



Go into a side plank



Perform a clamshell with the top leg

Russian Twist

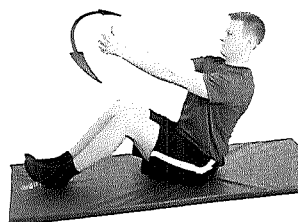
Sets: 2 | Reps: 20 | Rest: 10 sec

Preparation:

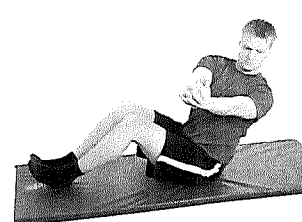
- Sit on floor with legs in front, knees bent, heels resting on floor
- Hold arms straight out, hands clasped

Execution:

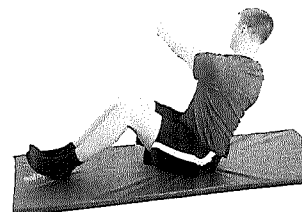
- Rotate arms and shoulders as far to one side as far as you can
- Now rotate arms and shoulders as far to the opposite side as you can
- Repeat



Start Position



Nose follows arms



Keep elbows straight

Front Plank | Forearms and Feet

Sets: 3 | Hold: 20-30-45-60 sec | Rest: 10 sec

Preparation:

- Position yourself on knees and forearms

Execution:

- Make your body flat as a plank from head to feet
- Keep trunk engaged, do not let lower back arch



Start on stomach



Plank on forearms and feet

Front Plank | Hip Extension + Forearms Pushes

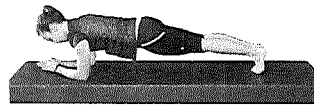
Reps: 3 | Hold: 15 sec each leg | Rest: 10 sec

Preparation:

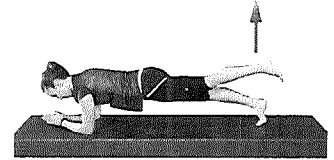
- Go into a plank on your forearms and toes

Execution:

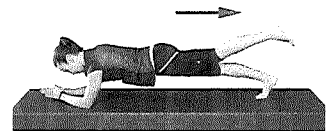
- Lift one leg straight up
- Push your body back bending at your ankle



Plank



Lift one leg straight up



Push body down

Hamstring Bridge - Arms Crossed (Chair)

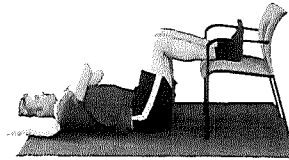
set: 2 | rep: 10-15

Preparation:

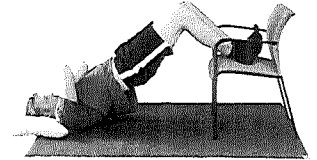
- Start with feet up on chair or box, arms crossed as shown
- Keep knees slightly bent

Execution:

- Lift hips into a bridge position



Start Position



Lift hips into a bridge position

Single Leg Squat + Knee Drive

Sets: 3 | Reps: 4 | Hold: 5 sec | Rest: 10 sec

Preparation:

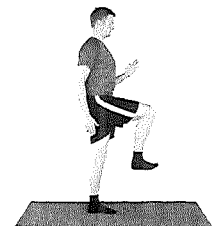
- Stand with good posture

Execution:

- Bend forward at the hip standing on one leg as if picking up a golf ball
- The other leg will extend behind you
- Keep your lower back and back leg in a straight line
- Now rise up and bring your leg up toward your chest



Bend forward as if picking up a golf ball



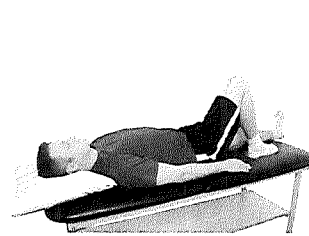
Rise, bring leg up toward chest

Bridge | Single Leg

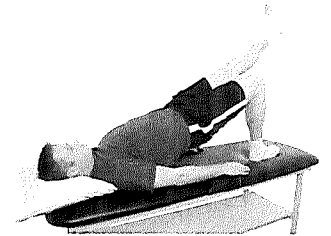
Sets: 2 | Reps: 15 | Hold: 3 sec | Rest: 10 sec

Preparation:

- Lie flat on your back with your arms laying flat next to you
- Bend one knee up so that your foot is flat and straighten one knee up in the air as shown



Start Position



Lift hips, use one leg only

Execution:

- Lift your hips up to make a bridge using one leg only
- Lower down in a controlled manner

Lateral Lunge

Sets: 2 | Reps: 10 | Hold: 3 sec | Rest: 10 sec

Preparation:

- Stand with good posture

Execution:

- Lunge to the side
- Keep back straight and your hip, knee and ankle aligned
- Return to the start position



Tall



Lunge to side - Hip, knee and ankle aligned

Airplane

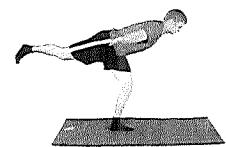
Sets: 2 | Reps: 10 | Hold: 5 sec

Preparation:

- Stand with good posture

Execution:

- Bend forward at the hip standing on one leg
- Keep the back leg and spine straight



Make an airplane

Airplane (Dumbbells)

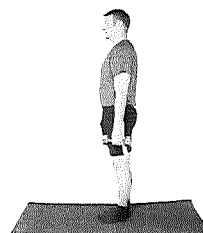
Sets: 2 | Reps: 5-10

Preparation:

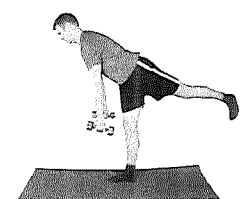
- Stand on one leg, keep knee straight

Execution:

- Bend at the hip, keeping the trunk aligned with the back leg
- Rise up from the hips



Start position



Bend forward - Leg and back stay straight