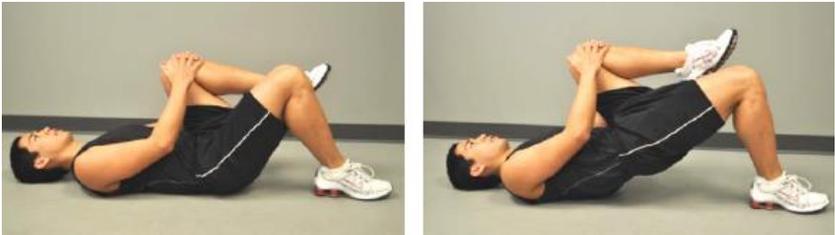
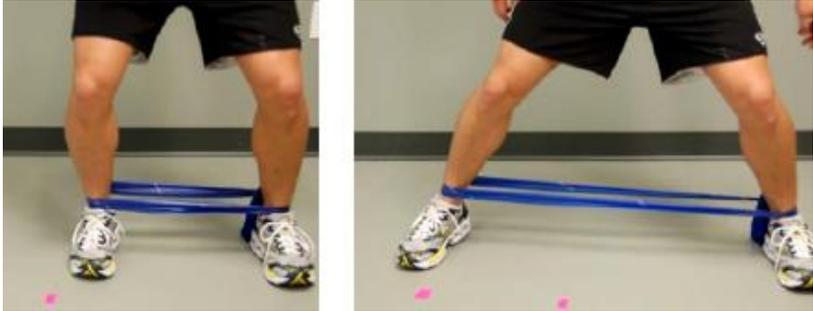


Prep Holiday Conditioning Planning

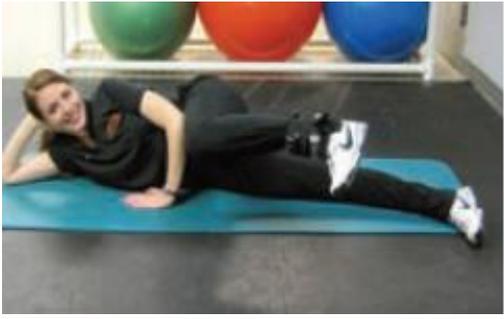
Set 1: Lower Body Exercises

	Exercise	Reps/Time	Sets	Images
Clam Shells	Lie on your side with knees bent 90 degrees. Keeping feet together, slowly raise knee towards the ceiling Squeeze buttock muscles. Goal: Increase glute medius strength	Hold 5 sec. Repeat 10-15 times	Frequenc y: 3 sets 3 times per week.	
Double Leg Bridge	Lie on back with both knees bent 90 degrees on the floor. Slow raise hips up towards the ceiling Goal: Increase gluteal strength	Hold 5 sec. Repeat 10-15 times	Frequenc y: 3 sets. 3 times per week	
Single Leg Bridge	Lie on back with one leg knee bent 90 degrees on the floor. Pull the other knee towards chest. Maintaining this position, push foot into ground and raise hips up Goal: Increase gluteal strength	Hold 5 sec. Repeat 10-15 times	Frequenc y: 3 sets. 3 times per week	

<p>Chair Squat</p>	<p>Stand in front of a chair. With feet shoulder width apart Slowly squat down until the chair is felt . Push through you heels and return to starting position Goal: Increase leg strengthPull the other knee towards chest.</p>	<p>Frequency : 3 sets 10-15.</p>	<p>3 times per week</p>	
<p>Lateral Steps</p>	<p>Place theraband around both ankles. Stand with knees and hips slightly bent. Take a 1 foot step to the side, followed by the other foot. Goal: Increase hip strengthening this position, push foot into ground and raise hips up</p>	<p>Repeat 10 times both directions</p>	<p>Frequency: 3 sets 3 times per week</p>	
<p>Monster Walks</p>	<p>Place theraband around both ankles.Stand with knees and hips slightly bent.Take a 2-3ft step at a diagonalGoal: Increase hip strength</p>	<p>Continue until 20 steps are completed . Hold 5 sec. Repeat 10-15 times</p>	<p>Frequency: 3 sets 3 times per week</p>	

<p>Hip Exercises - see images</p>	<p>Attach theraband to a stable object</p>		<p>Frequenc y: 3 sets. 3 times per week</p>	<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center; margin: 5px;"> <p><i>Hip Abduction</i></p>  </div> <div style="text-align: center; margin: 5px;"> <p><i>Hip Flexion</i></p>  </div> <div style="text-align: center; margin: 5px;"> <p><i>Hip Adduction</i></p>  </div> <div style="text-align: center; margin: 5px;"> <p><i>Hip Extension</i></p>  </div> </div>
<p>Running Exercises</p>	<p>Place theraband around ankle Flex hip up, then extend the leg. Slowly lower leg toward down Goal: Increase hip strength Goal: Increase gluteal strength</p>	<p>Perform 10-15 repetition s</p>	<p>Frequenc y: 3 sets 3 times /week</p>	

<p>Alternating Lunges</p>	<p>Standing, lunge forward alternating right and left leg.</p>	<p>Perform 10-15 repetitions</p>	<p>Frequency: 3 sets 3 times /week</p>	
<p>Lateral Hip Circuits - follow onto the next exercises</p>	<p>Start Position: Place both feet in the top left corner of mat, sidelying at a 45 degree angle. Bottom hand supports head and is in line with torso. Place top hand down on mat, in front of torso to aid in keeping hips stable and balanced. Keep hips stacked one on top of the other. Engage abdominals the entire time. Lift the top leg first for all of these exercises. After completing entire series, switch corners, to lie on opposite side.</p>	<p>Perform 10-15 repetitions</p>	<p>Frequency: 3 sets 3 times /week</p>	
<p>1) Abduction Lifts 2) Abduction Lifts with Internal Rotation</p>	<p>Lift top leg 12 inches from bottom leg, lower top leg down. Don't let legs touch. Top foot is flexed the entire time.</p> <p>Repeat exercise #2, except top knee and foot are turned in. Top foot is flexed the entire time.</p>	<p>Perform 10-15 repetitions</p>	<p>Frequency: 3 sets 3 times /week</p>	

<p>Bent Knee Abduction Lifts aka: Fire Hydrants</p>	<p>90 degrees of hip flexion and knee flexion. Foot is flexed. Lift leg up and out without losing 90/90 position or rolling torso/hips back. Start and end with top leg parallel to floor.</p>	<p>Perform 10-15 repetitions</p>	<p>Frequency: 3 sets 3 times /week</p>		
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