



Base Prescription Day 1:

Day 2:

**Exercise**

Day 3:

## Lunge



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

## Backward Crisscross Lunge



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

## Psoas Stretch with Resistance Band



Set	Wgt (lbs)	Repetitions						
1	0.0	8						



10 sec rest before next exercise

## Lateral Shuffle



Set	Wgt (lbs)	Repetitions						
1	0.0	8						