

Base Prescription

Day 1:

Day 2:

Exercise

Day 3:

Leg Exercise



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						