

Phase 1 Strength Exercises (NOTE: WATCH VIDEOS)

Complete three sets of each exercise before moving to the next movement, with thirty seconds rest between each set. When you feel confident performing the exercises you may perform the exercises in a circuit fashion in weeks 3 and 4. In this case perform the first exercise and immediately move to the next until you have hit the last exercise. Rest for 2 minutes before repeating for a total of 3 times through.

Exercise Number	Exercise name	Reps
1	Reverse lunge	8 - 10 reps per side
2	Dips	10 - 15 reps
3	Lateral lunge	8 - 10 reps per side
4	Supine row or band row	15 reps
5	Step up balance	8-10 reps each side
6	Side plank	30 seconds stationary hold each side or with 8 leg raises each side if advanced
7	Calf raise	15 reps
8	Wall sit	30 seconds or hold until RPE of 7 out of 10

Phase 1 Mobility Exercises

Exercise Number	Exercise name	Reps/time held
1	Foam Roll back	45 - 60 seconds
2	Bird dog ankle rotations	8 slow rotations each ankle
3	Knee raise / knee to chest	8 each side
4	Crawling (hand and knee lift together)	30 seconds each side
5	Foot over knee glut stretch	30 - 60 seconds each side
6	Achilles and hamstring (box stretch)	30 - 60 seconds each side
7	Hip drop	8 each side, 2 - 3 times through
8	Calf stretch	30 seconds each side
9	Couch stretch (rectus femoris)	3 minutes each side
10	Posture correction (shoulder wall slides)	30-60 seconds, 2 times through