

Preferred Non-Weight Machine Workout

Glute Progression:

- 1) Begin with wall squats (build to 3 sets of 15 reps)
- 2) Progress to single-leg wall squats (build to 3 by 15 each leg)
- 3) Progress to single-leg squats without ball (build to 3 by 15 to 20)
 - * goal: limited loss of balance
keep hips level

Back Extension on Stability Ball (build to 3 by 15 to 20)

Reverse Plank with Leg Lift (build to 5 lifts with each leg)

* goal: no shaking or dropping of the pelvis

Side Plank with Leg Lift (build to hold leg up for 20 seconds)

*goal: maintain body in straight line

Single Leg Calf Raises: (build to 30 to 40 times each leg through full range of motion)

Single Leg Hamstring Curl with Stability Ball (build to 3 sets of 10 to 15 reps per leg)

Hip Flexor Stretch (as needed: at least 2 by 20 seconds each side)