

Step-up: Step up onto a box or stair planting your left foot and drive your right knee forward; pause when left leg is fully extended and then lower and repeat for sets of 10 for each leg.

Exercises for the Hamstrings

Balance ball pulls: With your back on the floor and arms rested at your side, extend your legs in front and place your ankles atop a balance ball. Lift your bum off the ground as you did with the bridge then pull your knees toward your chest and roll the ball towards your glutes. Roll back out and repeat for sets of 10-15.

Exercises for the Ankles

Bosu balance: Balance on your right foot atop a Bosu ball or small pillow. Hold there for one minute; you can increase the time spent up to multiple minutes. As you improve, try staying on that right foot and reaching down to touch the ground with your left arm, going across your body. Repeat with left foot.

Calf strength: Strengthening your calf muscles also safeguards your ankles; do a three-way calf raise cycle: place your toes facing forward on the edge of a step for a set of 10 raises, the second 10 raises point your toes inward, finally, for the third 10 point your toes away from each other.

A balanced body is a better body. Seek out those cheaters and make them work to get stronger.

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From:

Sent: Friday, August 01, 2014 8:49 AM

To:

Subject: IT Band, Hip, Glute, Hamstring, Ankle Exercises

1. **Lateral Leg Raises:** lie on your right side with a theraband around your ankles. Lift your left leg to about 45 degrees in a controlled manner, then lower. I do 30 reps per side.
2. **Clam Shells:** lie on your right side with your knees together and a theraband around your lower thighs. Your thighs should be about 45 degrees from your body and your knees bent at 90 degrees. Open your legs like a clam shell but don't move your pelvis – the motion should not rock your torso or pelvic girdle. Keep it slow and controlled. I do 30 reps on each leg.
3. **Hip Thrusts:** lie on your back with your weight on your upper back your feet. Your legs will be bent at the knee. Lift one leg so your weight is all on one leg and your back. Lower your butt almost to the ground and thrust upward by activating your glutes. This exercise is great for glute strength and hip stability. I do 25 reps on each leg.
4. **Side-Steps / Shuffle:** with a theraband around your ankles and knees slightly bent, take ten steps laterally. The band should be tight enough so it provides constant resistance during all steps. Still facing the same direction, take another 10 steps back to your starting position. That is one set. I like to do 5 sets. This exercise will look like a slow-motion version of a basketball "defense" drill.
5. **Pistol Squats:** These are simply one-legged squats. The key to a successful pistol squat is to not lean forward, keep the motion slow and controlled, and make sure your knee does not collapse inward.
6. **Hip Hikes:** Stand on your right foot. With your pelvis in a neutral position, drop the left side so it is several inches below the right side of your pelvic bone. Activate your right hip muscle and lift your left side back to its neutral position. I do 20 reps per side.
7. **Iron Cross:** This dynamic stretch will help you feel loose after the previous strength exercises. Lie on your back with your arms out to your sides and swing your right leg over your torso and up to your left hand. Repeat with your left leg and do 20 reps in total.

Exercises For Improving Hip Strength And Mobility

Clams: Lie on your right side, legs stacked, with knees slightly bent; lift your left leg up to 60-degrees and lower. Do a set of ten for both sides.

Adductor leg circles: Lie on your left side, hips stacked with heels together but toes pointed in a V; this opens your hips up. Lift your left leg up, keeping both feet held in the half-V shape, and slowly draw a circle in the air with your toes. Do 10 circles clock-wise and 10 counter-clockwise. Repeat with right side.

Abductor leg raises: Lie on your right side with your legs slightly apart so that you may lift your right leg straight up. Start with a set of 10, building up to three, for both legs.

Exercises for Improving Glute Strength

Planks with leg raises: Hold plank, lift your left leg for a set of 10 and then your right leg.

Back bridge: Lie on your back, knees bent and feet placed on the floor in front of your bum. Squeezing your glutes, lift off the ground aiming to keep your torso in align and lift until only your shoulder-blades are resting on the ground. Lower and repeat for sets of 10-15.