





• Do \_\_\_\_ sets of \_\_\_\_ repetitions

## θ Hamstring Curls with Theraband





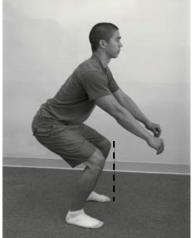
Slide heel back and forth along floor

PURPOSE: strengthen hamstring muscle

Do \_\_\_\_ sets of \_\_\_\_ repetitions

## $\theta$ Wall Squats $\theta$ Mini Squats





- Wall squats: Feet should be a foot in front of you
- Slide up and down the wall, pushing with legs
- Back flat against wall
- Mini squats: keep feet shoulder width apart
- Only squat half-way down
- Knees never go beyond toes

PURPOSE: strenthen quad and gluteal muscles

θ Single Leg Mini Squats





Do \_\_\_\_ sets of \_\_\_\_ repetitions

- Just barely bend knee and then return to straight position
- Knees never go beyond toes

PURPOSE: strengthen quads and enhance balance

Do \_\_\_\_ sets of \_\_\_\_ repetitions