Exercise 1

Knee Pull

Starting Position: Lay supine, knees bent with feet flat on the floor (approximately 1 foot from buttocks)

Using your right leg, pull your knee • to your chest. Then slowly extend your leg back out parallel to the floor, straightening your leg fully without allowing it to touch the floor, but bringing it as close to the mat as you can

Do this for 1 set of 8•

In each set, pull your knee to • your chest as far as you can so you can feel your abs working. It is not uncommon to feel a pinch when bringing your knee toward your chest. If you feel a pinch, do not pull your knee into the pinch. Reduce your range of motion so you start to extend out just before the pinch

Repeat the above movements • using the left leg

Exercise 2

Knee Drop Side

Starting Position: Lay supine, knees bent with feet flat on the floor (approximately 1 foot from buttocks)

Using your right leg, drop your • right knee out to your right side, as close as you can to the floor, feeling a stretch on the inner thigh and an activation of the right glute (buttock)

Bring the right knee back up to • the starting position

Repeat to 1 set of 8•

Repeat the above movements • using the left leg

Exercise 3

Single leg knee drop side with extension

Starting Position: Lay supine, knees bent with feet flat on the floor (approximately 1 foot from buttocks)

Attach the first 2 movements•

Do a Knee Pull (Exercise • (1) into a Knee Drop Side (Exercise (2)

Pull knee to the chest and drop the • knee as far as you can to the side

Then extend the leg out slowly•

Repeat to 1 set of 8•

Repeat the above movements • using the left leg