

Glute/Quad Home Exercise Program



HIP HIKES

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Keep the knee you are standing on straight (all movement through pelvis).

Then return the pelvis/leg back to a leveled position.

Repeat 20 Times

Complete 3 Sets

Hold 1 Second

Perform 3 Times a Week



STEP DOWN - LATERAL

Start with both feet on top of a step/box. Next, slowly lower the unaffected leg down off the side of the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment: Knee in line with the 2nd toe and not passing in front of the toes. Video # VVBA2KGN7

Repeat 15 Times

Complete 3 Sets

Perform 3 Times a Week



SINGLE LEG DEADLIFT

Stand and balance on one leg.

Next, lean forward towards touching the floor as you extend and lift your leg behind your body. Keep your spine straight and hinge at the hip. If easy, hold weight or bag with canned goods.

Return to starting original position and repeat. Video # VVNNXYN8Y

Repeat 15 Times

Complete 3 Sets

Hold 1 Second

Perform 3 Times a Week

SINGLE LEG BRIDGE

While lying on your back with your knees bent, extend one knee as shown.



Next, raise your buttocks off the floor/bed.

Try and maintain your pelvis level the entire time. Video # VVKL6B6GK

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 3 Times a Week



Lunge

Start in a standing position. Step with one foot straight forward. Then drop the back knee, while most of your body weight on the front foot. If the front knee passes over the toes then the initial step forwards needs to be farther. Keep back straight and shoulders square and facing forwards. To increase intensity add weight (dumbbell at side, kettlebells at side, or barbell).

Repeat 15 Times
Complete 3 Sets

Perform 3 Times a Week



MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles.

Next, bend your knees and step forward while keeping tension on the band the entire time. After taking several steps forward, reverse the direction taking steps back until you return to the starting position. Repeat. Total of 40-50 steps in each direction. Video # VVUDA3SU5

Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 3 Times a Week



CONE TAPS - SINGLE LEG STANCE

Place 5 cones or cups around you as shown. Balance on a slightly bent knee. Holding a ball, lower yourself down to tap the top of a cone with the ball. Return to original position and repeat touching a different cone. Keep both hands on the ball the entire time. Touch each cone 3-5 times

Advance exercise with smaller cones/cups and or faster speed.
Video # VVJPRFUBY

Complete 1 Set

Perform 3 Times a Day