### Supine Short Arc Quad with Towel Roll

**Reps:** 10  
**Sets:** 3  
**Hold (sec):** 5  
**Weekly:** 5x  
**Daily:** 3x

**Setup**
- Begin lying on your back with a towel roll under one knee with your heel resting on the ground.

**Movement**
- Tighten the muscles in your upper leg to straighten your knee, hold, then return to the start and repeat.

**Tip**
- Make sure to keep your back flat against the floor as you move your leg.

### Supine Gluteal Sets

**Reps:** 10  
**Sets:** 3  
**Hold (sec):** 5  
**Weekly:** 5x  
**Daily:** 3x

**Setup**
- Begin lying on your back with your hands resting comfortably.

**Movement**
- Tighten your buttock muscles, then release and repeat.

**Tip**
- Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.

### Supine Heel Slide with Strap

**Reps:** 10  
**Sets:** 3  
**Hold (sec):** 5  
**Weekly:** 5x  
**Daily:** 3x

**Setup**
- Begin lying on your back with your legs straight and a strap around one foot.

**Movement**
- Slowly pull on the strap to bring your foot toward your buttock.

**Tip**
- Make sure to keep your heel moving straight toward your buttock in line with your hip.

### Supine Ankle Pumps

**Reps:** 10  
**Sets:** 3  
**Hold (sec):** 5  
**Weekly:** 5x  
**Daily:** 3x

**Setup**
- Begin lying on your back with your legs straight.

**Movement**
- Slowly pump your ankles by bending and straightening them.

**Tip**
- Try to keep the rest your legs relaxed while you move your ankles.
**Supine Hip Abduction**
Reps: 10     Sets: 3     Hold (sec): 5     Weekly: 5x    Daily: 3x

**Setup**
- Begin lying on your back with your legs straight.

**Movement**
- Move one leg out to the side as far as you can without bending at your side.

**Tip**
- Make sure to keep your back on the ground and do not move your upper body during the exercise.

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**Bent Knee Fallouts**
Reps: 10     Sets: 3     Hold (sec): 5     Weekly: 5x    Daily: 3x

**Setup**
- Lie on your back with your knees bent and feet resting flat on the floor.

**Movement**
- Keeping your trunk stiff, slowly lower one knee towards the ground, then bring it back to your starting position. Repeat with the other leg.

**Tip**
- Do not allow your trunk to rotate during the exercise.