### Sidelying Hip Abduction

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

**Setup**
- Begin by lying on your side.

**Movement**
- Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

**Tip**
- Make sure to keep your knee straight and do not let your hips roll backward or forward during the exercise.

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### Supine Single Bent Knee Fallout

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

**Setup**
- Begin lying on your back with one leg straight and your other knee bent.

**Movement**
- Tighten your abdominals and slowly lower your bent knee toward the ground, then bring it back to the starting position, and repeat.

**Tip**
- Make sure to keep your abdominals tight, low back flat against the ground, and do not let your trunk rotate.

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### Seated Long Arc Quad

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

**Setup**
- Begin sitting upright in a chair.

**Movement**
- Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

**Tip**
- Make sure to keep your back straight during the exercise.

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### Sit to Stand with Hands on Knees

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

**Setup**
- Begin by sitting upright on a chair with your feet slightly wider than shoulder width apart and your hands resting on your knees.

**Movement**
- Lean forward at your hips until your bottom starts to lift off the chair. Move your body into a standing upright position, then reverse the order of your movements to return to the starting position.

**Tip**
- Make sure not to let your knees collapse inward during the exercise.
Hip Abduction with Resistance Loop
Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 3x

**Step 1**

**Step 2**

**Setup**
- Begin in a standing upright position with a resistance band looped around your ankles, holding a stable object for balance.

**Movement**
- Lift one leg to your side, keeping your knee straight. Return to the starting position and repeat.

**Tip**
- Make sure to keep your abdominals tight and your back straight during the exercise.

Standing Quadriceps Stretch with Chair Support
Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 3x

**Step 1**

**Step 2**

**Setup**
- Begin in a standing upright position holding onto a stable surface for support.

**Movement**
- Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

**Tip**
- Make sure to keep your back straight and maintain your balance during the stretch.