Seated Hamstring Stretch with Strap
Reps: 10     Sets: 3     Hold (sec): 5     Weekly: 5x    Daily: 3x

Setup
- Begin in an upright seated position in a chair with a strap around one foot, holding the ends in your hands.

Movement
- Use the strap to slowly straighten your leg until you feel a stretch in the back of your thigh.

Tip
- Make sure not to arch your back as you stretch.

Half Kneeling Hip Flexor Stretch
Reps: 10     Sets: 3     Hold (sec): 5     Weekly: 5x    Daily: 3x

Setup
- Begin in a half kneeling position with one knee bent in front of your body.

Movement
- Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip
- Make sure to keep your hips facing forward and back straight during the exercise.

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

Setup
- Begin in a standing upright position with your hands resting on the back of a chair in front of you for support.

Movement
- Bending at your knees and hips, squat down as far as is comfortable.

Tip
- Make sure to keep your back straight during the exercise and maintain your balance. Your knees should not move forward past your toes during the squat.

Standing Knee Flexion with Ankle Weight
Reps: 10     Sets: 3     Hold (sec): 5     Weekly: 5x    Daily: 3x

Setup
- Begin in a standing upright position with an ankle weight secured on one leg, with your hands resting on the back of a chair in front of you for support.

Movement
- Slowly bend your knee, lifting the foot with the weight to a 90 degree angle.

Tip
- Make sure to stand up tall and do not bend forward at the waist during the exercise.
### Lateral Step Down
- **Reps:** 10  
- **Sets:** 3  
- **Hold (sec):** 5  
- **Weekly:** 5x  
- **Daily:** 3x  

#### Setup
- Begin by standing on a platform or step with one leg hanging off the edge.

#### Movement
- Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position and repeat.

#### Tip
- Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

### Runner's Step Up/Down
- **Reps:** 10  
- **Sets:** 3  
- **Hold (sec):** 5  
- **Weekly:** 5x  
- **Daily:** 3x  

#### Setup
- Begin in a standing position with one foot resting on a platform or step in front of your body.

#### Movement
- Slowly step up, raising your knee to a 90 degree angle and moving your opposite arm at the same time. Then lower your foot to the ground and repeat.

#### Tip
- Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

### Hip Hiking on Step
- **Reps:** 10  
- **Sets:** 3  
- **Hold (sec):** 5  
- **Weekly:** 5x  
- **Daily:** 3x  

#### Setup
- Begin standing on a platform, balancing on one leg, with your other foot hanging off the edge.

#### Movement
- Raise one hip to lift your hanging foot off the ground as high as you can, then lower it and repeat.

#### Tip
- Make sure to keep your foot relaxed and use your hip to create the movement. Maintain an upright posture during the exercise.