

Core Strength exercises from Physical Therapist;

do calf raise with left leg for 10 repps;  
do calf raise with right leg for 10 repps;

right calf stretch for 30 seconds;  
right calf with knee bent stretch for 30 seconds;  
left calf stretch for 30 seconds;  
left calf with knee bent stretch for 30 seconds;

do one leg squats with right leg on bosu ball for 10 repps;  
do one leg squats with left leg on bosu ball for 10 repps;

do walking lunges for 1 minute;

skaters stretch for 60 seconds;

perform adductor band exercise for 20 repps with left leg;  
perform adductor band exercise for 20 repps with right leg;

do leg lifts for 12 repps;  
do leg lifts for 12 repps;  
do leg lifts for 12 repps;  
do leg lifts for 12 repps;

10 Stomach muscle contractions hold for 5 seconds each;  
relax 2, tighten;  
hush for 5 seconds;  
relax 3, tighten;  
hush for 5 seconds;  
relax 4, tighten;  
hush for 5 seconds;  
relax 5, tighten;  
hush for 5 seconds;  
relax 6, tighten;  
hush for 5 seconds;  
relax 7, tighten;  
hush for 5 seconds;  
relax 8, tighten;  
hush for 5 seconds;  
relax 9, tighten;  
hush for 5 seconds;

Do Ball Rolls while lying on floor for 10 repps, be sure to keep the spine neutral;

10 Stomach muscle contractions hold for 5 seconds each;  
relax 2, tighten;  
hush for 5 seconds;  
relax 3, tighten;  
hush for 5 seconds;  
relax 4, tighten;  
hush for 5 seconds;  
relax 5, tighten;  
hush for 5 seconds;  
relax 6, tighten;  
hush for 5 seconds;  
relax 7, tighten;  
hush for 5 seconds;

relax 8, tighten;  
hush for 5 seconds;  
relax 9, tighten;  
hush for 5 seconds;  
Do Ball Rolls while lying on floor for 10 repps;  
10 Stomach muscle contractions hold for 5 seconds each;  
relax 2, tighten;  
hush for 5 seconds;  
relax 3, tighten;  
hush for 5 seconds;  
relax 4, tighten;  
hush for 5 seconds;  
relax 5, tighten;  
hush for 5 seconds;  
relax 6, tighten;  
hush for 5 seconds;  
relax 7, tighten;  
hush for 5 seconds;  
relax 8, tighten;  
hush for 5 seconds;  
relax 9, tighten;  
hush for 5 seconds;

Do Ball Rolls while lying on floor for 10 repps;

Do Ball Arm Lifts, while keeping shoulder blades down and back for 12 repps;  
do ball bridge lifts with arms raised for 10 repps;  
Do Ball Arm Lifts, for 12 repps;  
do ball bridge lifts with arms raised for 10 repps;  
Do Ball Arm Lifts, for 12 repps;  
do ball bridge lifts with arms raised for 10 repps;

do figure 4 stretch with ball for 60 seconds with right leg;  
do figure 4 stretch with ball for 60 seconds with left leg;  
do figure 4 stretch with ball for 30 seconds with right leg;  
do figure 4 stretch with ball for 30 seconds with left leg;

Do figure 4 stretch with knee to opposite shoulder for 60 seconds with right leg;  
Do figure 4 stretch with knee to opposite shoulder for 60 seconds with left leg;

practice I T Band foam roll for 45 seconds with left leg;  
practice I T Band foam roll for 45 seconds with right leg;

Practice Snow Angels with palms up touching floor on foam roller for 1 minute, keep pelvis tilted;

Do right ham stretch for 60 seconds;  
Do right ham 45 degree stretch for 60 seconds;  
Do left ham stretch for 60 seconds;  
Do left ham 45 degree stretch stretch for 60 seconds;

Do right quad stretch for 60 seconds;  
do left quad stretch for 60 seconds;