

Exercises and stretches to improve **Overall Strength**;

Note, this workout is for illustrational purposes only, please get your doctor's approval before beginning any workout regimen;

Perform Sit-ups holding a large exercise ball between your knees for 20 repps;  
Perform 20 repps of ball bridges switching right and left leg . Keep your legs straight throughout the exercise;  
Rest for 10 seconds;

Perform Ball Bridges with right ham curl for 5 repps;  
Perform Ball Bridges with left curl for 5 repps;

Perform one-leg squats on your right leg for 10 repps;  
Perform left leg squats for 10 repps;

Perform standing heel raises for 10 repps with right leg;  
Perform standing heel raises for 10 repps with left leg;

Perform wall calf stretch with right knee straight for 30 seconds;  
Perform wall calf stretch with left knee straight for 30 seconds;

Perform walking lunges for 30 seconds;  
Perform adductor band exercise for 20 repps with the left leg;  
Perform adductor band exercise for 20 repps with the right leg;

Hold skaters stretch for 30 seconds;

Perform walking lunges again for 30 seconds;

While lying on your stomach, perform right leg lift for 20 repps;  
While lying on your stomach, perform left leg lift for 20 repps;

Perform Sit-ups holding the ball with knees for 20 repps;  
Perform ball bridges switching right and left leg for 20 repps;  
Rest for 10 seconds;

Perform ball bridges with right ham curl for 5 repps;  
Perform ball bridges with left curl for 5 repps;

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

Perform left hip stretch for 45 seconds;  
Perform right hip stretch for 45 seconds;

Practice Side to Side Tip on Foam Roller for 1 minute, keep pelvis tilted so your back remains flat against the foam roller;

Practice Side to Side Tip with arm swing on Foam Roller for 1 minute, keep pelvis tilted and back flat;

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

Perform right ham stretch for 45 seconds;  
Perform right ham 45-degree stretch for 45 seconds;  
Perform left ham stretch for 45 seconds;  
Perform left ham 45-degree stretch for 45 seconds;

Perform quad stretch for 45 seconds with right leg;

perform quad stretch for 45 seconds with left leg;

Perform wall calf stretch with right knee straight for 30 seconds;

Perform wall calf stretch with right knee bent for 30 seconds;

Perform wall calf stretch with left knee straight for 30 seconds;

Perform wall calf stretch with left knee bent for 30 seconds;

Try to balance on Bosu ball with right leg for 45 seconds;

Try to balance on Bosu ball with left leg for 45 seconds;