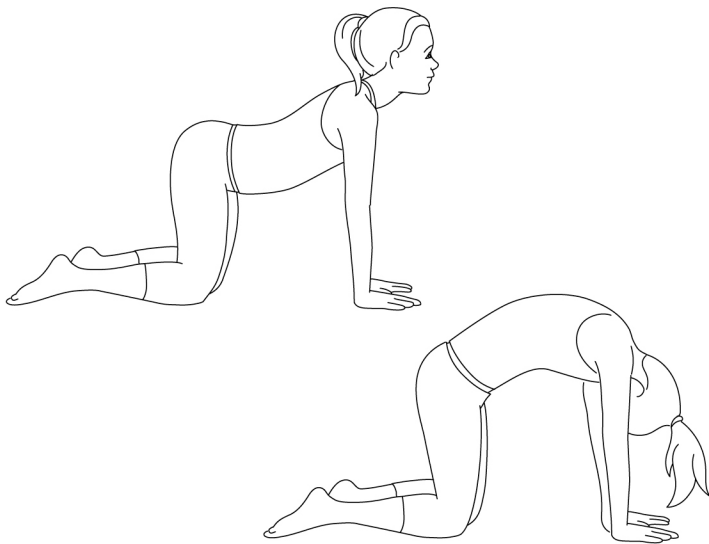


# Angry Cat

BACK

Beginner: 10 seconds | Intermediate: 15 seconds | Advanced: 20 seconds

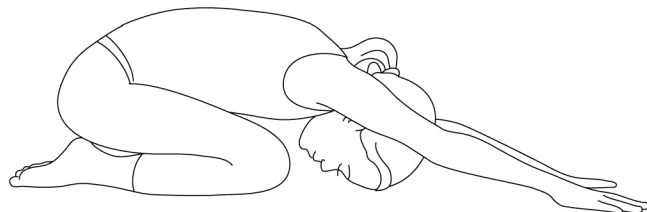


While in a crawl position, draw up your spine to arch your back.

# Child's Pose

BACK

Beginner: 10 seconds | Intermediate: 30 seconds | Advanced: 50 seconds

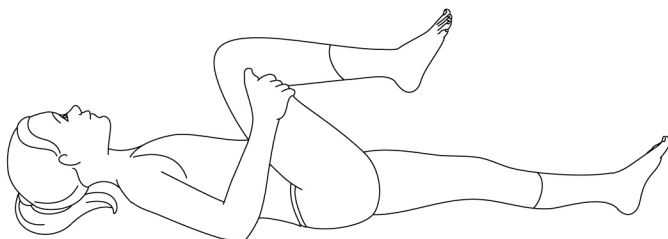


Sit back on your legs, reach your arms forward, and tuck your head under.

# Knee to Chest

BACK

Beginner: 10 seconds | Intermediate: 30 seconds | Advanced: 50 seconds

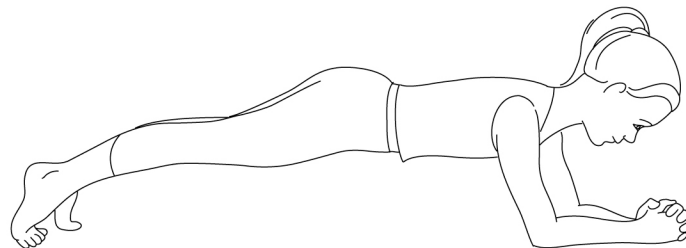


1. Hold your knee firmly to your chest.
2. Repeat on the other side.

# Plank

BACK

Beginner: 10 seconds | Intermediate: 30 seconds | Advanced: 50 seconds

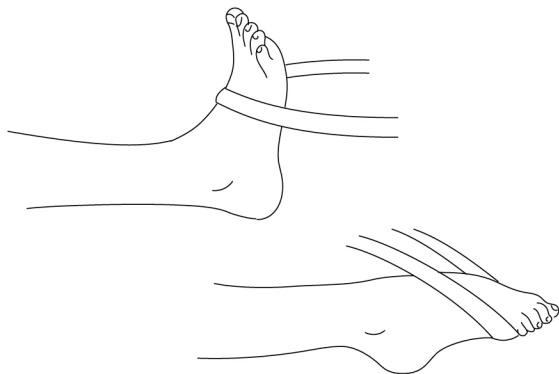


Support your body with your forearms and hold your body in a straight position.

# Ankle Dorsiflexion/ Plantar Flexion

FOOT

Beginner: 10 repetitions | Intermediate: 15 repetitions | Advanced: 20 repetitions

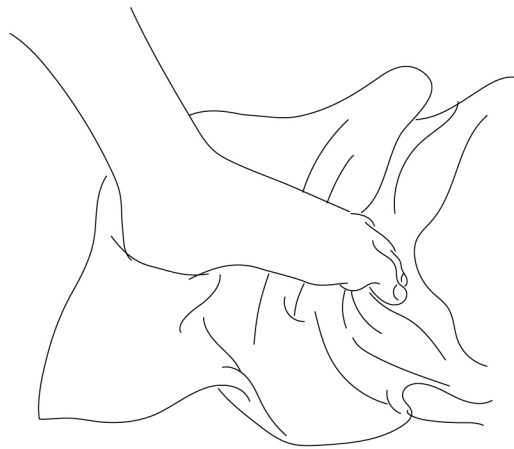


1. For dorsiflexion, have a partner hold the elastic band around your foot.
2. Pull your toes toward you and slowly return to the start position.
3. For plantar flexion, wrap the elastic band around your foot and hold the ends in your hand.
4. Gently point your toes forward and return.

# Towel Grab

FOOT

Beginner: 5 repetitions | Intermediate: 10 repetitions | Advanced: 15 repetitions

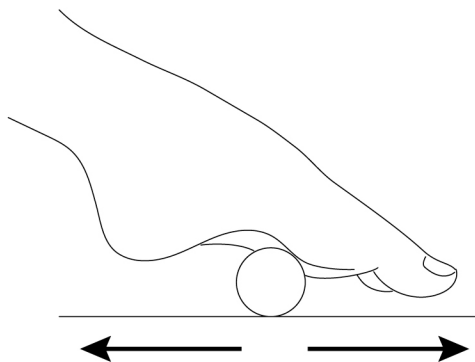


1. Spread your toes out as wide as you can and grab a small towel with your toes.
2. Repeat on the other foot.

# Golf Ball Roll

FOOT

Beginner: 10 seconds | Intermediate: 30 seconds | Advanced: 50 seconds

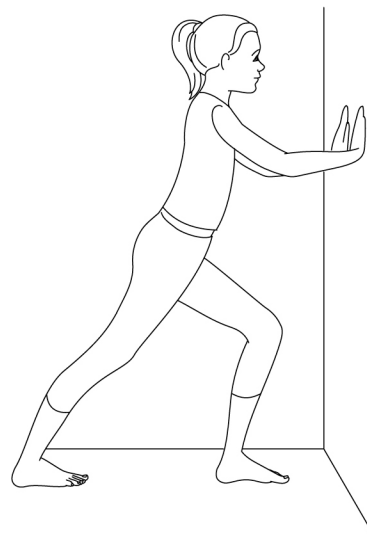


1. Sit in a chair with both feet planted on the floor and roll a golf ball around the bottom of your foot.
2. Repeat on the other foot.

# Calf Stretch

FOOT

Beginner: 10 seconds | Intermediate: 30 seconds | Advanced: 50 seconds

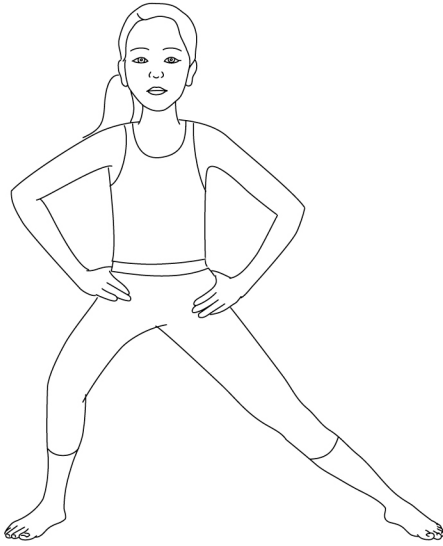


1. Split stance, toes facing forward, lean forward until you feel a stretch at the back of your back leg.
2. Repeat on the other side.

# Side Lunge

KNEE

Beginner: 10 repetitions | Intermediate: 20 repetitions | Advanced: 30 repetitions



1. Start with your feet together.
2. Step out to the side and sit back on one leg and alternate sides.



J8901 (04/22)

# Quad

KNEE

Beginner: 10 seconds | Intermediate: 15 seconds | Advanced: 20 seconds



1. Holding onto the wall, grab one foot behind you. Do not lean to the side.
2. Repeat on the other side.

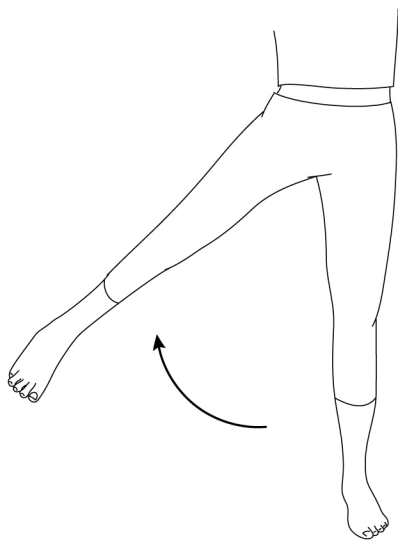


J8901 (04/22)

# Side Leg

KNEE

Beginner: 5 repetitions | Intermediate: 15 repetitions | Advanced: 25 repetitions



1. Raise your right leg out to the side while remaining straight and return.
2. Repeat on the other side.

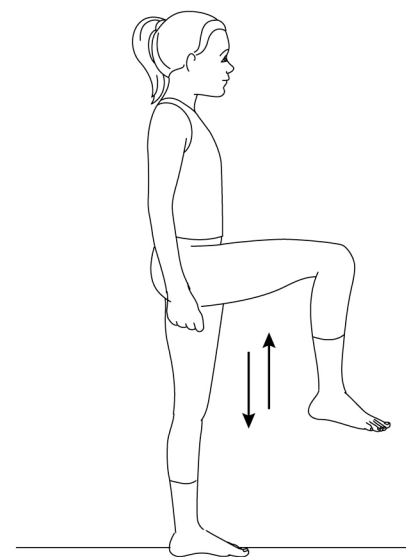


J8901 (04/22)

# Single Leg Knee Lift

KNEE

Beginner: 5 repetitions | Intermediate: 15 repetitions | Advanced: 25 repetitions



1. Lift one knee up parallel to the floor and return.
2. Repeat on the other side.

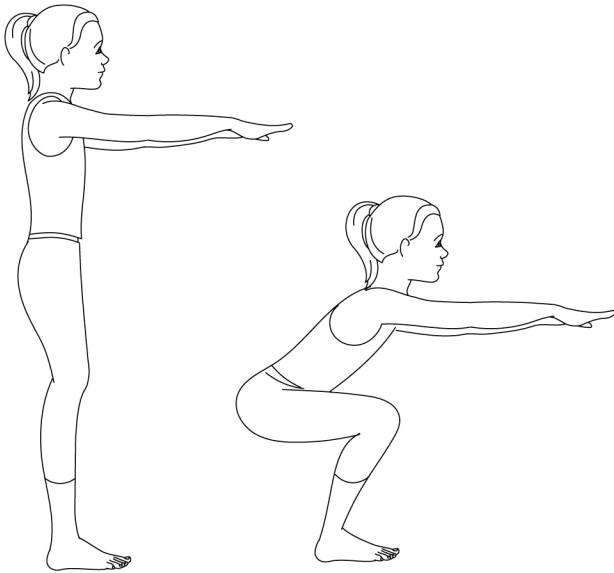


J8901 (04/22)

# Squat

KNEE

Beginner: 5 repetitions | Intermediate: 15 repetitions | Advanced: 25 repetitions



Sit back like sitting in a chair and keep your feet flat on the floor.

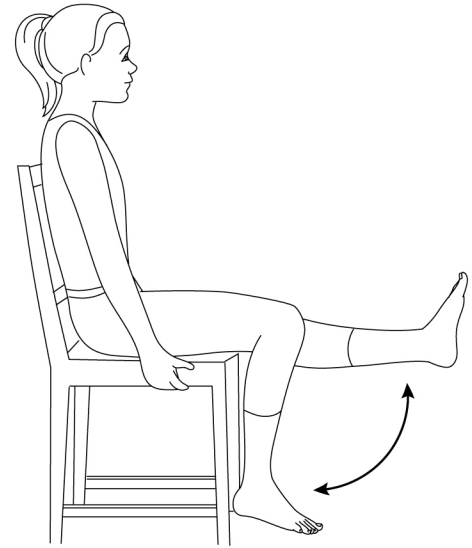


J8901 (04/22)

# Straight Leg Raise

KNEE

Beginner: 10 repetitions | Intermediate: 15 repetitions | Advanced: 20 repetitions



1. Squeeze your thigh to lift your leg parallel to the floor.
2. Repeat on the other side.

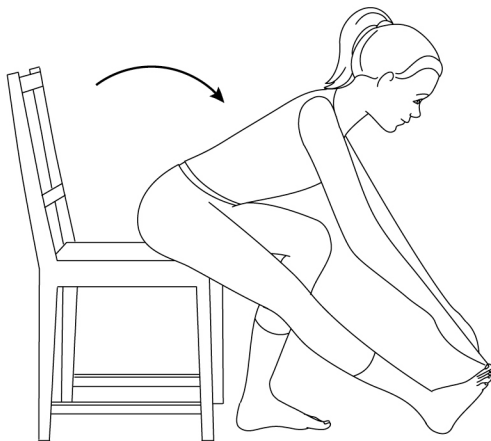


J8901 (04/22)

# Seated Hamstring Stretch

KNEE

Beginner: 10 seconds | Intermediate: 30 seconds | Advanced: 50 seconds



1. Sit on the edge of a chair, with one leg out and heel up.
2. Reach for your toes and hold.
3. Repeat on the other side.

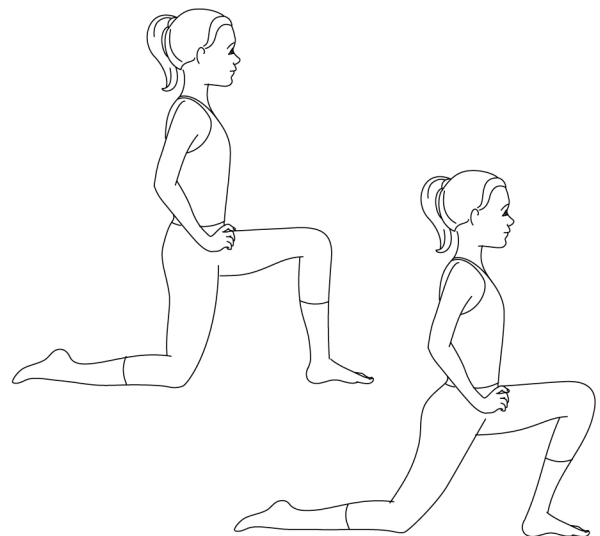


J8901 (04/22)

# Hip Flexor Stretch

KNEE

Beginner: 10 seconds | Intermediate: 30 seconds | Advanced: 50 seconds



1. Lean forward until you feel a stretch on the front on your back leg.
2. Repeat on the other side.

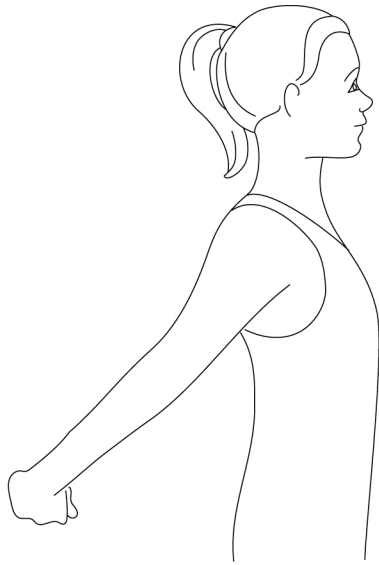


J8901 (04/22)

# Chest

MIX

Beginner: 10 seconds | Intermediate: 20 seconds | Advanced: 30 seconds

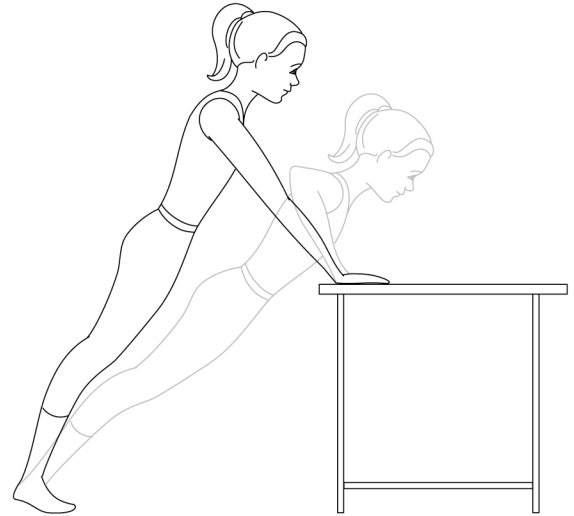


Reach your hands behind you and try to clasp your hands.

# Incline Push-Ups

MIX

Beginner: 5 repetitions | Intermediate: 15 repetitions | Advanced: 30 repetitions

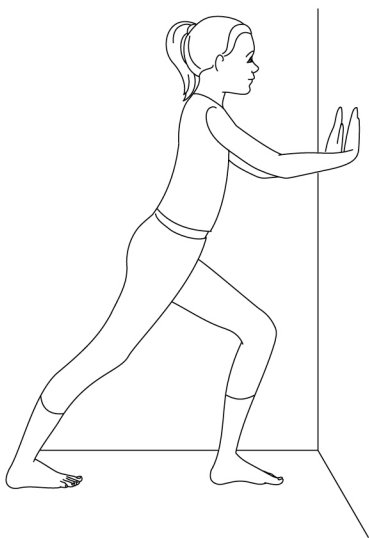


1. Place your hands slightly wider than shoulder width apart on the edge of a table.
2. Tighten your stomach and slowly lower to the table.

# Calf Stretch

MIX

Beginner: 10 seconds | Intermediate: 30 seconds | Advanced: 50 seconds

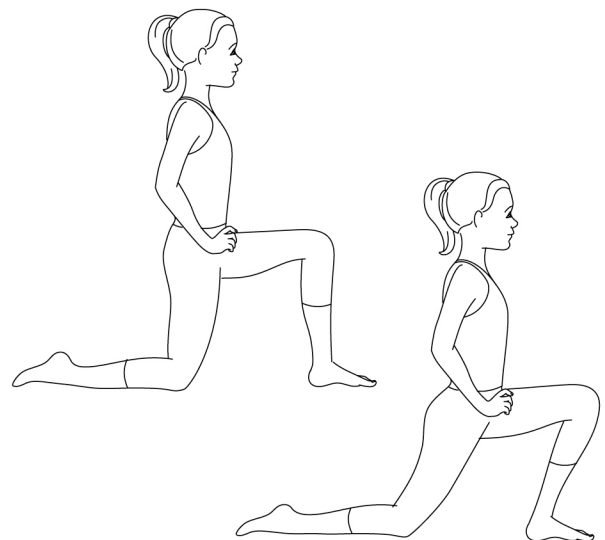


1. Split stance, toes facing forward, lean forward until you feel a stretch at the back of your back leg.
2. Repeat on the other side.

# Hip Flexor Stretch

MIX

Beginner: 10 seconds | Intermediate: 30 seconds | Advanced: 50 seconds

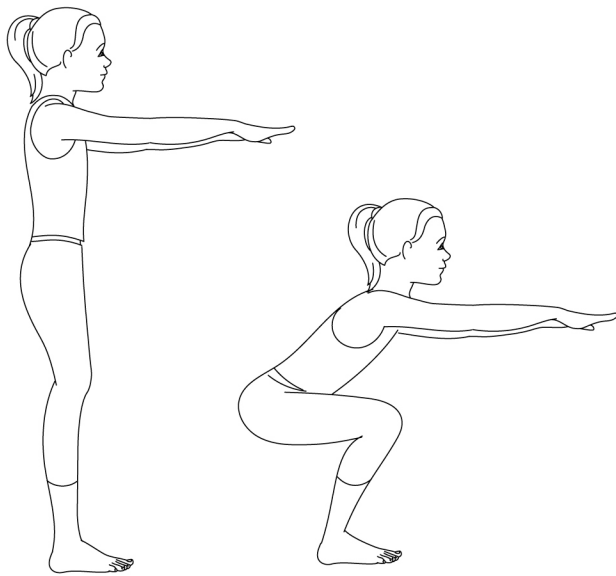


1. Lean forward until you feel a stretch on the front on your back leg.
2. Repeat on the other side.

# Squat

MIX

**Beginner:** 5 repetitions | **Intermediate:** 15 repetitions | **Advanced:** 25 repetitions

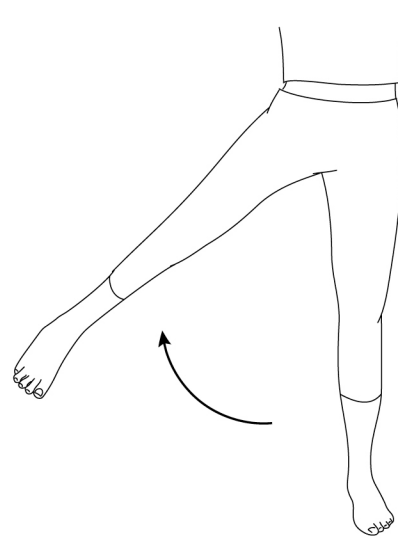


Sit back like sitting in a chair and keep your feet flat on the floor.

# Side Leg

MIX

**Beginner:** 5 repetitions | **Intermediate:** 15 repetitions | **Advanced:** 25 repetitions

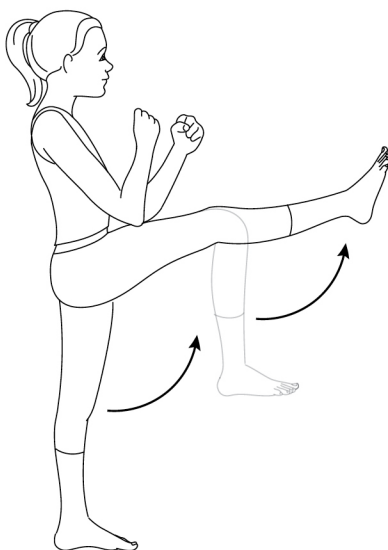


1. Raise your right leg out to the side while remaining standing straight and return.
2. Repeat on the other side.

# Karate Kicks

MIX

**Beginner:** 10 repetitions | **Intermediate:** 15 repetitions | **Advanced:** 25 repetitions

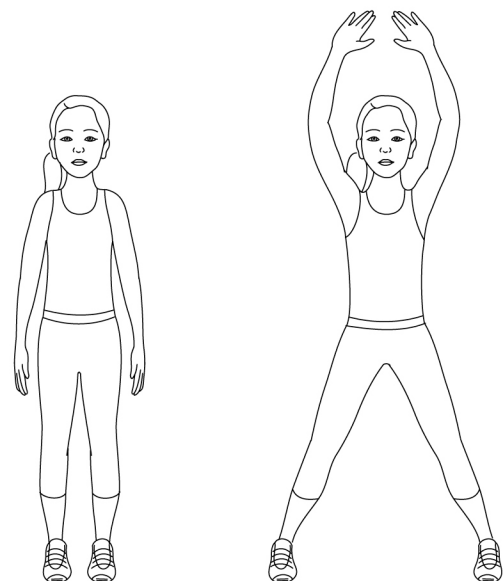


1. Kick one foot to the front, then bring it back to the floor.
2. Repeat on the other side.

# Jumping

MIX

**Beginner:** 10 repetitions | **Intermediate:** 20 repetitions | **Advanced:** 40 repetitions



1. Start with your feet together and arms down.
2. Then jump your feet out and arms up.