

1. Clamshell — 8 reps each side

- Lie on your side and make a 45-degree angle with your knees.
- Bending from the hip, move your leg up until your knee points to the ceiling. Keep your heels together.
- Lower and repeat. Do 8 reps on each leg.

2. Lateral Leg Raise — 15 reps each side

- Lie on your side, legs extended.
- Lift your top leg 45 degrees, then lower slowly.
- Do 5 lifts with your toe flexed, 5 with your toe pointed, and 5 with your toe pointed toward the ceiling.
- Repeat on the opposite leg.

3. Donkey Kick — 8 reps each side

- Start on all fours.
- Pull your right knee toward your chest, keeping your foot flexed.
- Then, kick your right leg up behind you, keeping your knee bent and foot flexed.
- Continue for 8 reps, then repeat on the opposite leg.

4. Fire Hydrant — 8 reps each side

- Start on all fours.
- Lift your right leg to the side, keeping knee bent, until your knee reaches hip height.
- Lower to start.
- Do 8 reps, then repeat on the other leg.

5. Donkey Whip — 5 reps each side

- Start on all fours.
- Lift your right leg, extending it behind you.
- Swing your right leg to the right side and then back to center.
- Continue for 5 reps, then repeat on the other leg.

6. Knee Circle — 10 reps each side

- Start on all fours.
- Lift your right leg, keeping your knee bent, and make backward circles with your knee.
- Continue for 5 reps, then repeat on opposite side.
- Then, repeat the entire sequence (5 reps on each side) circling your legs forward.

7. Hurdle Trail Legs — 10 reps each side

- Stand with your hands on your hips or resting against a wall for balance.
- Lift your right leg, bending your knee, and circle it forward.
- Continue for 5 reps, then repeat on the opposite leg.
- Then, repeat the entire sequence (5 reps each leg) circling your legs backward.

8. Linear Leg Swing — 10 reps each side

- Stand with your feet hip-distance apart. Rest one arm on a wall for balance if you need it.
- Lift your right leg to hip height in front of you, then swing it behind you.
- Continue for 10 reps, then repeat on the other leg.

9. Linear Leg Swing, Bent Leg — 10 reps each side

- Stand with your feet hip-distance apart. Rest one arm on a wall for balance if you need it.
- Bend your right knee and lift it to hip height in front of you, then swing it behind you.
- Continue, keeping leg bent, for 10 reps. Then, repeat on the opposite leg.

10. Lateral Leg Swing — 10 reps each side

- Stand facing a wall, placing your hands against it for balance if you need it.
- Lift your right leg out to the side, then swing it across your body.
- Continue swinging back and forth for 10 reps, then repeat on the other leg.