



- Do \_\_\_\_ sets of \_\_\_\_ repetitions

### θ Hamstring Curls with Theraband



- Slide heel back and forth along floor

PURPOSE: strengthen hamstring muscle

Do \_\_\_\_ sets of \_\_\_\_ repetitions

### θ Wall Squats    θ Mini Squats



- **Wall squats:** Feet should be a foot in front of you
- Slide up and down the wall, pushing with legs
- Back flat against wall
- **Mini squats:** keep feet shoulder width apart
- Only squat half-way down
- Knees never go beyond toes

PURPOSE: strengthen quad and gluteal muscles

Do \_\_\_\_ sets of \_\_\_\_ repetitions

### θ Single Leg Mini Squats



- Just barely bend knee and then return to straight position
- Knees never go beyond toes

PURPOSE: strengthen quads and enhance balance

Do \_\_\_\_ sets of \_\_\_\_ repetitions