Lower Body Exercises

	Date														
1. Toe Reach (squat, reaching to the opp side and reach up)		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
2. Squat with ball at back		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
3. Bridges		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
4. Side lunges		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
5.Calf raises on step		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
6. Rear lunge		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
7.Stretches		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
8.Side lunge stretch		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
9.Hamstring stretch		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
10.Quadricep stretch		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
11.Calf stretch		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
12.Glute stretch on floor		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
13.		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														
14.		R	W	R	W	R	W	R	W	R	W	R	W	R	W
	Set 1														
	Set 2														