

THERABAND HIP, KNEE, ANKLE & FOOT EXERCISES

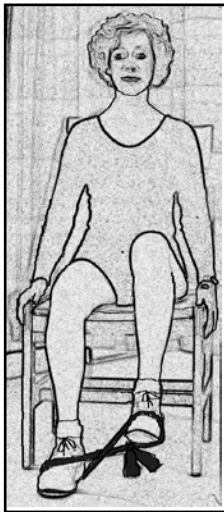
**GO SLOW - EXHALE AND COUNT 1-2-3-4 with lift
COUNT 5-6-7-8 WITH SLOW RELEASE!**

1. “March” in Place

- Keep heel down & lift front of foot
- Keep other foot down, gripping floor with toes.
- Lift knee and toes.

2. Knee Kicks

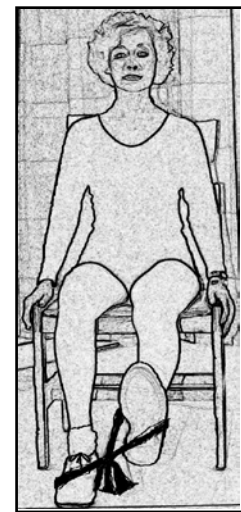
- Keep HEEL DOWN & lift front of foot
- Keep other foot down, gripping floor with toes.
- Kick foot up, LEAD with HEEL.



◆ Place loop AROUND ARCHES IN A “FIGURE 8”

◆ Practice “March” in Place
_____ times for _____ sets
_____ times per week

◆ Practice Knee Kicks
_____ times for _____ sets
_____ times per week



- * KEEP BACK STRAIGHT, CHEST FORWARD, CHIN IN, HEAD HIGH!
- * ALWAYS KEEP FEET AND KNEES HIP WIDTH APART, 2ND TOE LINED UP WITH KNEE!
- * ALTERNATE BETWEEN LEFT AND RIGHT LEGS!

3. Side Kick

- Bring leg sideways
- Keep standing knee slightly bent.

4. Back Kick

- Bring leg backwards
- Keep standing knee slightly bent.



◆ Place theraband loop AROUND ANKLES IN A STRAIGHT LOOP.

◆ HANDS SUPPORTED!

◆ Practice Side Kick
_____ times for _____ sets
_____ times per week

◆ Practice Back Kick
_____ times for _____ sets
_____ times per week

