

This Workout Improves: Supporting Leg Strength For Turns

Note From Katie:

This plan is going to help you increase your strength in your supporting leg. Bent knees, dropping heels, hips out of alignment are all going to be a focus of this plan. Be sure to do this plan on both legs to balance out the weak side and protect the strong side from overuse injuries.

[-] Indicates how to make the exercise easier **[+]** Indicates how to make the exercise harder

Warm Up:

- Place a band a couple inches above your knees.
- 20 Clam shells each leg
- 30 second plank
- 20 Glute kick backs each leg

Repeat 2 more times

Stretch:

- Cat Cow (10)
- Dynamic hamstring stretch
- Hip Flexor Stretch
- Lateral lunge stretches
- Half Pigeon
- Butterfly Stretch
- Straddle

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Glute and Core Warm Up:

- Hold glute bridge: 40 Seconds
- Down and up glute bridges (20)
- Hold single leg glute bridge: 20 seconds each side
- Down and up single leg glute bridges (12)
- Up Down Plank (10)

Circuit: Do Each Exercise for 40 seconds, 20 SECONDS OF REVERSE LUNGES ON EACH SIDE THEN REST 20 SECONDS



- Lying on your back, bend one leg towards your glutes and keep one leg straight.
- Flex the foot of the extended leg and turn it out
- Lift the working leg to the knee, hold for a beat and slowly lower back

	to the floor.	
REVERSE LUNGE 20 SECONDS EACH SIDE	REVERSE LUNGE 20 SECONDS EACH SIDE	REVERSE LUNGE 20 SECONDS EACH SIDE
	<ul style="list-style-type: none"> · Lying on your back, bend your knees towards the ceiling and place your feet on the floor. · Place a block between your thighs, right above the knees. · Bring your bellybutton into the spine, and lift your butt off the floor, creating a diagonal from your knees to nose. · Squeeze the block between your knees for a beat. · Slowly lower your butt down. 	
REVERSE LUNGE 20 SECONDS EACH SIDE	REVERSE LUNGE 20 SECONDS EACH SIDE	REVERSE LUNGE 20 SECONDS EACH SIDE
	<ul style="list-style-type: none"> · Lying on your stomach, push your hips into the ground and bend one knee towards your glutes · Slowly lower your shin back to the floor and repeat on the same leg for 20 reps before switching 	
REVERSE LUNGE 20 SECONDS EACH SIDE	REVERSE LUNGE 20 SECONDS EACH SIDE	REVERSE LUNGE 20 SECONDS EACH SIDE
	Rest One Minute	
	<ul style="list-style-type: none"> · Start standing, with your feet shoulder width apart. · Sit your hips back into a low squat, hips inline with your knees. · Stand half way up before lowering your hips back inline with your knees. · Return to standing and repeat. 	
REVERSE LUNGE 20 SECONDS EACH SIDE	REVERSE LUNGE 20 SECONDS EACH SIDE	REVERSE LUNGE 20 SECONDS EACH SIDE
	<ul style="list-style-type: none"> · Start high on your knees, and step one foot in front of your body with a 90 degree bend in the knee. · Pushing into your kneeling knee, lift your back leg off the ground and straighten your stationary leg. · Bring your rear knee inline with your 	

	hip and return back to start.	
REVERSE LUNGE 20 SECONDS EACH SIDE	REVERSE LUNGE 20 SECONDS EACH SIDE	REVERSE LUNGE 20 SECONDS EACH SIDE
	<ul style="list-style-type: none"> · Standing on one leg, raise opposite foot to passé and place behind your stationary foot bending your stationary leg. · Putting little to no weight on the working leg Return to passé and repeat 	
REVERSE LUNGE 20 SECONDS EACH SIDE	REVERSE LUNGE 20 SECONDS EACH SIDE	REVERSE LUNGE 20 SECONDS EACH SIDE