



TWICE THE SPEED

RANGE OF MOTION LOWER BODY (Prehab)



1 SINGLE LEG ABDUCTION

1 SET | 10 REPS EACH LEG

HOW TO PERFORM:

Start standing with the band attached to your inside leg as in the first image. You will be crossing your leg across your body as in the second image. Return to starting position. Do 10 reps and then switch legs.



2

SINGLE LEG ADDUCTION

1 SET | 10 REPS EACH LEG

HOW TO PERFORM:

Start with the band again on your feet except on your outside foot as in image one. Lift the leg away from your body this time and then return to the starting position. Do 10 reps and then switch legs.



3

SINGLE LEG RAISE

1 SET | 10 REPS EACH LEG

HOW TO PERFORM:

Start with the band on your foot with it pulling back as in the first image. You will do 10 leg lifts by lifting your foot forward as in the second picture. Make sure to do both legs.



4

SEATED ABDUCTION

2 SETS | 10 REPS

HOW TO PERFORM:

Sit down with the bands across your knees pulling in. Open your hips up and push your knees out as in the second image. Pause and return to the starting position.



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5

GLUTE BRIDGE W/ ABDUCTION

2 SETS | 10 REPS

HOW TO PERFORM:

Lay on the ground with your feet on the floor and the band across your knees as in the first image. From here lift up your butt and back by pushing your feet into the ground. The last step is to open your hips and push your knees out in the third image.



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6

PRONE KICK BACKS

1 SET | 10 REPS

HOW TO PERFORM:

Lay on the ground with the band around your feet as in the first image. Kick one leg back for a total of 10 reps. Switch legs and do the same.



7

PLANK W/ ABDUCTION/ADDUCTION

1 SET | 10 REPS

HOW TO PERFORM:

Put the bands on your feet and get in a plank position as in the first image. From here kick one foot back as in the second image. From here move that leg out as in the third image. Return the leg and that is one rep.



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