

**Tiger Tail Pulls**

Start with right side facing to the wall holding the elastic band or cord in an athletic stance, feet shoulder width apart. The band should be waist height or slightly above. With both hands, extend arms away from your body with a slight bend remaining at the elbow. Rotate to the left, with the abdominal muscles driving the tiger tail pull. The hips and pelvis should remain largely stationary.

Repeat left side facing and rotate to the right.

**Draw The Bow**

This is a hip opener exercise. Stand facing the resistance bands. Take a large pivot step backwards, rotating the upper body slightly towards the back leg, while "drawing the bow" by bringing the same side elbow towards the rear leg. Return to the starting position and repeat the drop step with the other leg.

**PNF Diagonal**

Start in a semi-squat athletic position holding a medicine ball between your legs. As you stand, bring both arms up over the right shoulder, following with your head. Return to the starting position and repeat over your left shoulder.



Squat and Overhead Press

With feet shoulder width apart, hold onto a medicine ball/kettle bell. As you perform a squat, keep elbows bent and the ball close to your chest. As you explode into full extension, press the ball overhead. This exercise is more about power in the legs, using the press to keep the core connected to the explosive power in the legs.



Disco Ball

On the flat side of a BOSU, assume an athletic stance. In a low squat position, shift your weight rapidly left to right, keeping your body over the center of the BOSU. The intention is to utilize lateral hip motion and strength.



BOSU Single Leg Cycling Squat

Stand on one leg in the center of a BOSU ball. Allow your weight to shift posteriorly, as your heel drops into the BOSU (ankle dorsiflexion). Lower yourself until your knee flexion is similar to the angle of your knee at the top of your pedal stroke. Feel the tension in your gluteal muscles as you squat. Imagine the pedal stroke from 11 to 1 o'clock as you push through your heel, straightening your hip while keeping the knee angle slightly bent. The emphasis on this exercise is gluteal and hamstring recruitment during the 11-1 phase of the pedal stroke (over the top).

Pulse x 5 reps at the bottom, then fully and powerfully extend, repeat x 8.



BOSU Single Leg Squat

Stand with one leg in the center of a BOSU ball. Squat down allowing your ankle to plantar flex (toe down) with your knee in line with and over your toes. Focus on keeping your pelvis level (it is common for the opposite side to drop). At the end range of your squat, hold and pulse a few degrees up and down. Extend forcefully, emphasizing your quad recruitment. Imagine this being the power phase of the pedal stroke.

Squat, pulse x 3-5, stand, repeat x 8.



Physioball Hamstring Curl

Lie on your back and put both feet on a Physioball. Engage your core by pulling your belly button to your spine. With your pelvis stable and level, slowly roll the ball away from you and then back towards you.

Progress to single leg hamstring curls by lifting one leg slightly off the ball.