
Supine Ankle Pumps



Setup

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

Supine Quad Set



Setup

Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

Movement

Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

Tip

Make sure to keep your back flat against the floor during the exercise.

Supine Gluteal Sets



Setup

Begin lying on your back with your hands resting comfortably.

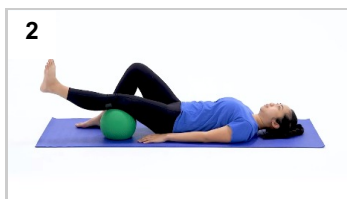
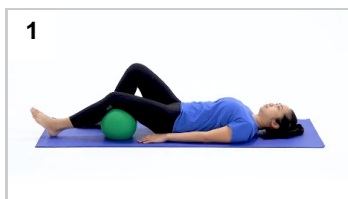
Movement

Tighten your buttock muscles, then release and repeat.

Tip

Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.

Supine Knee Extension Strengthening



Setup

Begin lying on your back with one knee bent and the other resting on a ball.

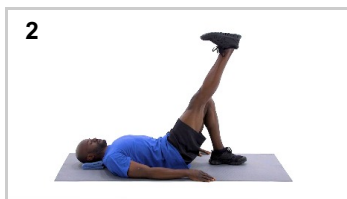
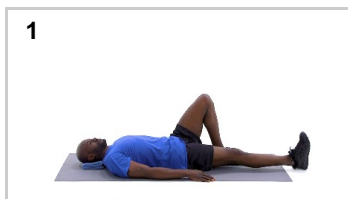
Movement

Straighten your knee by contracting your thigh muscles, keeping the back of your knee on the ball.

Tip

Make sure not to arch your back during the exercise.

Supine Active Straight Leg Raise



Setup

Begin lying on your back with one knee bent and your other leg straight.

Movement

Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

Tip

Make sure to keep your leg straight and do not let your back arch during the exercise.

Supine Bridge



Setup

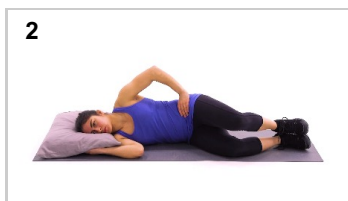
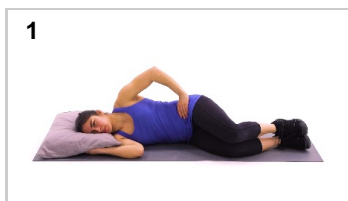
Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip
Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Clamshell



Setup

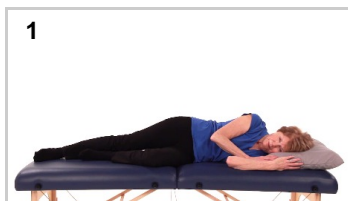
Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip
Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

Sidelying Hip Abduction



Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

Tip
Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.