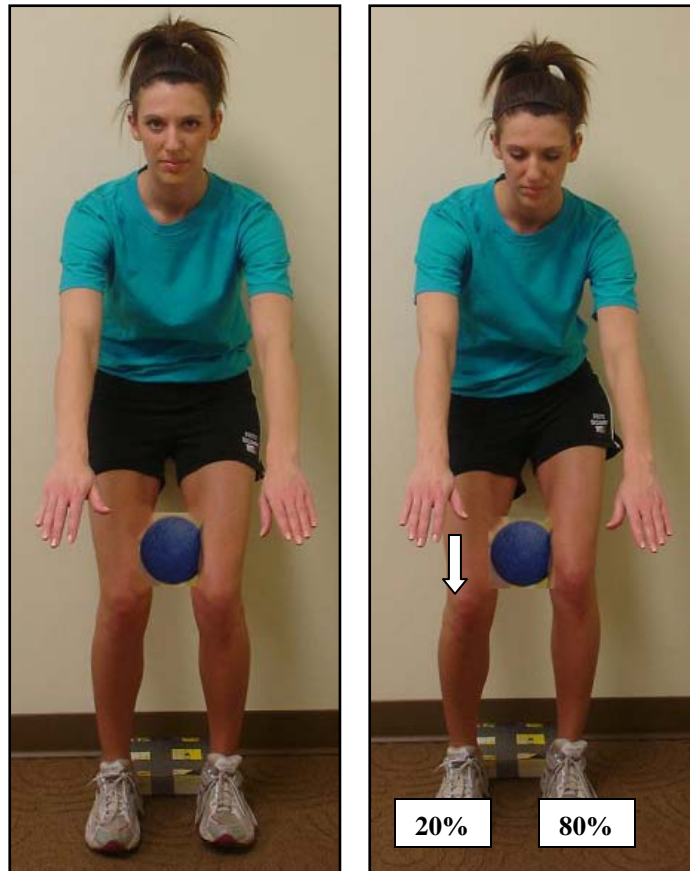


Standing Supported Left AF IR Un-Resisted Wall Reach



1. Stand 7-10 inches from a wall and place a ball between your knees.
2. Place your bottom on the wall and slide down by slightly bending your knees.
3. Keeping your back rounded, reach forward with both arms.
4. Shift your right knee forward and your left knee back so that your right hip is off the wall. Keep 80% of your weight on your left leg and 20% on the right.
5. You should feel the front of your left thigh and your left outer hip work together or at the same time.
6. If you don't feel your left quad or front thigh engage, squeeze the ball more with your left knee. If you don't feel your left outside hip, the glute medius, release the ball with your right knee and turn your right knee out until you can find and feel your left outside hip. Keep right foot firmly on the floor. Your goal is to feel and concentrate on working your left thigh and left outside hip at the same time.
7. Hold this position while you take 4-5 breaths in through your nose and out through your mouth.
8. Relax and repeat 4 more times.