

Quad Activation Level 1 Progression (11 min)

SL Squat + External
Rotation Iso (0:30 sec EA)

½ Kneel Step Up to
Airplane (0:30 sec EA)

Standing TKE (0:30 sec EA)

Vertical Sport Step Up (0:30 sec EA)

Lying Band Quad Ext Iso (0:30 sec EA)

½ Kneel Step Up + Ext
Rotation (0:30 sec EA)

Lying St. Leg Band Raise (1:30 EA)
(30 sec EA Int, Ext, Neut)

Lateral Lunge to Hip
Flexion (0:30 sec EA)

SL Wall Squat (0:30 sec EA)

