

Lower Body: First week

Assessment of Difficulty

Name: _____ Date: _____

After completing each exercise, determine the level of difficulty by placing a checkmark in the appropriate box.

Lower Body						
Exercises	Can't Do Like Picture 0	Very Hard 1	Hard 2	Somewhat Hard 3	Easy 4	Very Easy 5
1. Core strengthening						
2. Clamshell strengthening						
3. Hip stretch						
4. "C" to "J" stretch						
5. Knee extension strengthening						
6. Hamstring contraction						
7. Squats						
8. Standing hip flexor stretch						
9. Hamstring stretch						
10. Calf stretch						