

STEP 1



STEP 2



Clamshell with Resistance

REPS: 10 | SETS: 3 | HOLD: 5 |

Setup

- Begin by lying on your side with your knees bent 90 degrees, hips and shoulders stacked, and a resistance loop secured around your legs.

Movement

- Raise your top knee away from the bottom one, then slowly return to the starting position.

Tip

- Make sure not to roll your hips forward or backward during the exercise.

STEP 1



STEP 2



Side Stepping with Resistance at Ankles

REPS: 10 | SETS: 3 |

Setup

- Begin in a standing position with a resistance loop secured around your ankles. Bend your knees slightly so you are in a squatting position.

Movement

- Slowly step sideways, maintaining tension in the band.

Tip

- Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

STEP 1



STEP 2



STEP 3



Single Leg Bridge

REPS: 10 | SETS: 3 | HOLD: 5 |

Setup

- Begin lying on your back with both knees bent and your feet resting on the floor.

Movement

- Straighten one leg, keeping it in line with your other leg, then tighten your abdominals and lift your hips off the floor into a bridge position. Then lower yourself back down, and repeat.

Tip

- Make sure to keep your abdominals tight and do not let your hips rotate during the exercise.

STEP 1



STEP 2



Quadruped Bent Leg Hip Extension

REPS: 10 | SETS: 3 | HOLD: 5 |

Setup

- Begin on all fours.

Movement

- Tighten your abdominals and then lift one leg upward, keeping your knee bent. Lower it back down, then repeat. Think of pushing your foot toward the ceiling.

Tip

- Make sure to keep your abdominals tight and hips level during the exercise.

STEP 1



STEP 2



Sidelying Hip Abduction

REPS: 10 | SETS: 3 | HOLD: 3 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin by lying on your side.

Movement

- Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

Tip

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