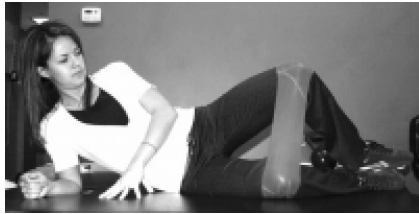


## BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.



Repeat 15 Times  
Hold 2 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week



## Sidelying Clams

Laying on your side, hips directly over one another and knees bent. Place a band around your knees and lift your top knee upward stretching into the resistance of the band. Make sure to keep your hips over one another and your feet together. Lower knee back down. Repeat.

Repeat 15 Times  
Hold 2 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week

## PRONE HIP EXTENSION - BENT

While lying face down with your knee bent, slowly raise up your knee off the ground.



Repeat 15 Times  
Hold 2 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week

### PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground.

Repeat 15 Times  
Hold 2 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week



### Band walking - lateral

Keeping toes forward, take a large step to the right; left leg steps to the right leg. After you have gone the desired distance, reverse directions.

Repeat 20 Times  
Hold 0 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week



### Monster Walks

Place band around ankles or feet and start with feet shoulder width apart. Walk forward 25 feet with the feet apart creating tension in the band the entire time (as if you were walking like a "monster"), turn around, and then return to the starting position.

Repeat 20 Times  
Hold 0 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week

## LOOPED ELASTIC BAND HIP ABDUCTION

While standing with an elastic band looped around your ankles, move the target leg out to the side as shown.

Repeat 15 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 3 Time(s) a Week

