

Day One: Knee and Hip

Perform two sets of each exercise
 Perform between 10-15 repetitions
 You should be tired after performing 10-15 repetitions
 Perform 3 times per week

Hip Hike and Drop

This exercise increases control of the pelvis. While standing on a box let your foot drop lower by controlling the side to side tilt of your pelvis. Pull your foot back up by pulling up with your hip muscles.



Hip Abduction or Clam Shell.

Important for working hip abductors and lateral rotators of thigh



SQUAT

The squat is fundamental to performance. The squat should be started with a "hip hinge" - in other words, the butt goes backwards and down first. Bending forward at the hip occurs yet the spine maintains its neu-



HIP Press against wall

With your knee bent and against the wall push that knee further against the wall. Hold for 5-10 seconds and repeat. Can be done with different angles of hip flexion



One Leg Squat and Opposite Leg Raise

This can be done three ways:

1. Raise the outstretched leg upwards and repeat
2. Squat down with the leg that is on the ground
3. Combine the 1 and 2 (Good luck)

Attempt to keep your knee over your 2nd toe. Can also be performed with leg behind. Or you can perform a simple



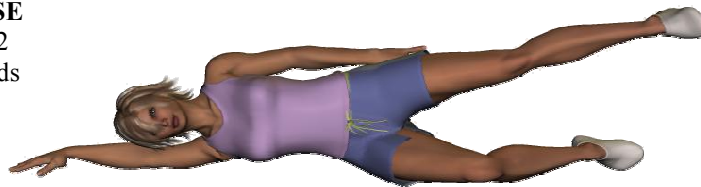
Day Two: Core Work

Planks work the entire trunk and hip musculature. The purpose is hold each position for 3-5 seconds and the "roll" to the next position. Your trunk should be a rigid as possible. Perform between 8 and 20 "rolls".



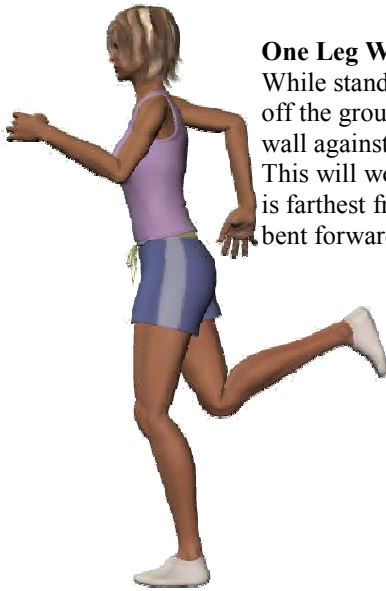
SIDE LYING LEG RAISE

Raise leg approximately 12 inches. Hold for 10 seconds and repeat until fatigued



One Leg Wall Push

While standing against the wall lift your foot off the ground. Push the knee closest to the wall against the wall - keep your pelvis level. This will work the hip muscles on the leg that is farthest from the wall. The hip can also be bent forward when doing this exercise.



Back Bridge

Lift your hips off the floor. Hold for 5 seconds and repeat until fatigued

