

Hip Strengthening - 2

Bridge | Arms Flat

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 - 15 Sec |

Rest: 1 - 2 Sec



Start Position



Lift hips up

Preparation:

- Lie flat on your back with your arms straight beside you
- Bend knees up so that your feet are flat

Execution:

- Lift your hips up in the air to make a bridge using your arms to stabilize
- Lower down in a controlled manner

Bridge | Single Leg

Sets: 2 - 3 | Reps: 10 - 15 | Hold: 5 - 15 Sec |

Rest: 1 - 2 Sec



Start Position



Lift hips, use one leg only

Preparation:

- Lie flat on your back with your arms resting on your chest
- Bend knees up so that your feet are flat
- Straighten one knee up in the air as shown

Execution:

- Lift your hips up to make a bridge using one leg only
- Lower down in a controlled manner

Clamshells (Band)

Sets: 2 - 3 | Reps: 10 - 15 | Load: Low - Medium |

Hold: 5 - 10 Sec | Rest: 1 - 2 Sec



Start position



Press knees wide, against the band

Preparation:

- Knees bent, band at knees

Execution:

- Press knees wide, against the band
- Keep feet together

Hip Abduction (Band)

Sets: 2 - 3 | Reps: 10 - 15 | Load: Low - Medium |

Hold: 5 - 15 Sec | Rest: 1 - 2 Sec



Start Position



Bring leg out to the side

Preparation:

- Stand with band around ankle as shown

Execution:

- Bring leg out to the side

Hip Extension Concentric (Band)

Sets: 2 - 3 | Reps: 10 - 15 | Load: Low - Medium |

Hold: 5 - 15 Sec | Rest: 1 - 2 Sec



Start Position



Using buttocks, lift leg behind

Preparation:

- Stand with good posture, feet shoulder width apart
- Hold onto a counter or object for support

Execution:.

- Lift one straight leg behind you as if stepping back
- Return to the starting position.

Hip and Knee Extension (Band)

Sets: 2 - 3 | Reps: 10 - 15 | Load: Low -Medium |

Hold: 5 - 10 sec | Rest: 1 - 2 Sec



Loop band around leg



Straighten leg

Preparation:

- Sit tall with good posture holding band
- Band looped around one leg

Execution:

- Straighten your leg against the band resistance

Hip External Rotation (Band)

Sets: 2 - 3 | Reps: 10 - 15 | Load: Low - Medium |

Hold: 5 - 10 Sec | Rest: 1 - 2 Sec



Start position



Rotate foot outward

Preparation:

- Sit in a chair with good posture, hip and knees at 90 degrees

Execution:

- Keeping your knee bent, lift your foot towards your opposite foot and across your body against the resistance
- Relax back to the start position

Hip Internal Rotation (Band)

Sets: 2 - 3 | Reps: 10 - 15 | Load: Low - Medium |

Hold: 5 - 10 Sec | Rest: 1 - 2 Sec



Start Position



Rotate foot inward

Preparation:

- Sit in a chair with good posture with hip and knees at 90 degrees

Execution:

- Keeping your knee bent, rotate your knee inwards at the hip against resistance
- Relax back to the start position