



Hip Exercises- Level 1

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Bridges

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground. Keep the feet and knees shoulder width apart. Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight. Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.



Side-Lying Clams

For level 1, this is done without a band. Begin by lying on your side with your knees bent 90 degrees, hips and shoulders stacked, and a resistance loop secured around your legs. Raise your top knee away from the bottom one, then slowly return to the starting position. Make sure not to roll your hips forward or backward during the exercise.



Standing Hip Abduction

Begin standing upright with a resistance band looped around your ankles. The band can also be placed at the thigh to make it easier. Bend your knees slightly so you are in a mini squat position. Slowly step sideways, maintaining tension in the band. Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.



Lateral Step Down

Begin by standing on a platform or step with one leg hanging off the edge. Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position. When returning, squeeze your glutes in order to keep an upright position. Make sure not to let your trunk bend forward or your knee collapse inward or forward as you lower your foot to the ground- the knee should stay over the forefoot.