



Hip Exercises- Level 2

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Single-Leg Bridges

Begin lying on your back with your arms resting at your sides, with one leg bent and the other leg straight. Tighten your abdominals and lift your hips off the bed. Hold, then return to the bed and repeat. Make sure you continue breathing evenly during the exercise.



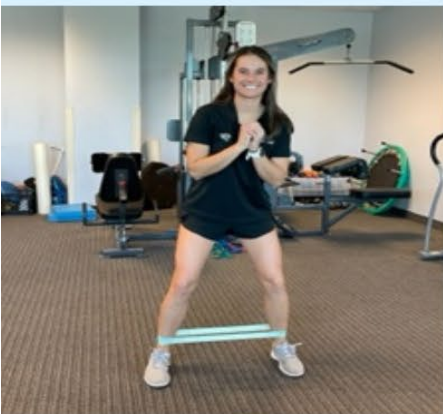
Side-Lying Clams With Band

For this version, a resistance band is used. Begin by lying on your side with your knees bent at 90 degrees, hips and shoulders stacked, and a resistance loop secured around your legs. Keeping your feet together, raise your top knee away from your bottom one, then slowly return to the starting position. Be sure not to roll your hips forward or backward during this exercise.



Side-Lying Hip Abduction

In this version, no band is used. Begin by lying on your side. Extend your top leg slightly back, until your toes are at the level of your bottom heel. Now raise your top leg toward the ceiling, keeping your knee and foot straight. Be sure not to roll forward or backward during this exercise.



Monster Side-Step With Band

Begin in a standing upright position with a resistance band looped around your ankles. Slightly bend your knees into a mini-squat position. Side-step laterally with one foot, then slowly bring your feet together. Repeat in the opposite direction. Make sure to keep your chest upright and do not bend your knees forward past your toes. Resistance should be felt through the band during the entire exercise.