



Hip Exercises- Level 3

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Single Leg Bridge With Leg-Lock

Begin lying on your back with your knees bent. Bring one knee up toward your chest at 90 degrees and use your opposite hand to push against the thigh of the raised leg. Engage your abdominal muscles and press your hips up into a bridge position maintaining pressure between your hand and thigh. Slowly lower back down, and repeat. Make sure to keep your abdominal and buttock muscles engaged, and do not arch your back during this exercise.



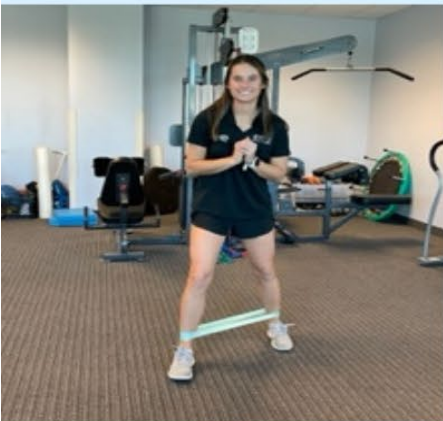
Clams With Band in 1/4 Squat Standing

Begin standing in a squatting position with your knees bent 90 degrees, hips back, and shoulders over knees. Place two resistance loops around your legs - one at the knees and the other at the ankles. Slowly spread one knee from the other, then slowly return to the starting position. Make sure not to roll your hips forward or backward during this exercise.



Side-Lying Hip Abduction With Band/Ankle Weight

In this version, a band and/or ankle weight are used. Begin by lying on your side with a resistance loop secured around your thighs, just above your knees. Extend your top leg slightly backward until your toes are at the level of your bottom heel. Raise your top leg toward the ceiling keeping your knee and foot straight. Make sure not to roll forward or backward during this exercise.



Side Stepping and Monster Walks With Band

Begin standing upright with a resistance band looped around your ankles. Bend your knees slightly so that 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. Resistance should be felt through the band during the entire exercise.