



Hip Exercises- Level 4

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Single-Leg Bridge With Band

Begin lying on your back with your knees bent and a resistance loop around your knees. Tighten your abdominals and slowly lift your hips off the table into a bridge position. Then, lift one leg off the table, keeping your knee bent. Make sure to keep your hips level and abdominals tight throughout the exercise.



Side Plank Raises With Knee Flexed

Begin in a side-plank position on your elbow, hips straight. Next, bend knees bringing heels back, while keeping the rest of the body straight like a pencil. Place your top hand on your hip. Tighten your abdominals and slowly lift your hips off the floor into a side-bridge position, keeping your back straight. Make sure to keep your trunk stiff throughout the exercise.



Single Leg Dead Lift

Begin standing on one leg with a weight (optional) in the opposite hand. Slowly, flex through your hip bringing your upper body and torso down until your hand and weight are close to the ground. While flexing, the opposite leg should be extended behind your body for balance. Keep the core tight and the back straight while going down. You should feel a burn in your gluteus maximus and hip abductors. Be careful not to bend through the low back.



Single Leg Squat to Chair

Begin standing on one leg in front of a chair, in a position that will allow you to easily sit on the edge of the chair. Next, with the opposite leg held out in front of your body, slowly lower yourself so that your bottom is touching the seat of the chair, pause, and then stand back up. Arms should be held out in front of your body for balance.