

Notes :

Hip pre pool set 1

1 Bird dog hip extension



Begin on all fours with your hands under your shoulders and your knees under your hips. Tilt your pelvis in both directions (arch your back and round it) as much as possible a few times to find the mid-point: this would be the neutral starting position for this exercise. Extend one leg backwards while stabilizing your spine in a neutral pelvic posture. Make sure the spine stays neutral throughout the movement and repeat the exercise with the opposite side.

2 Squat with mini-band



Stand with your feet facing forward at hip width. Tie an elastic around your knees, just below them. The band should be taut and applying a tension that pulls the knee inward. Lower your body to a squat position by pushing your hips backward and bending your knees while keeping your back neutral. Squeeze your buttocks to resist the pull of the band and keep your knee caps aligned with the center of your feet (second toe). Do not let the band pull your knees inward. At the lowest point of the squat pull the knees apart against the band. Return to the standing position and repeat.

3 Clamshell



Lie on your side with both legs slightly bent. Lift your top leg (injured leg), keeping your pelvis stable, your leg slightly bent and your heels together. Rotate your hip so that your foot and your kneecap are pointing upward during the movement. Return to the initial position and repeat.

4 Single leg arabesque hold



Standing on one leg, flex one leg toward the chest, then extend it behind while you bend forward at the waist.

Notes :

Hip pre pool set 1



1 Bird dog hip extension



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2 Squat with mini-band



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3 Clamshell



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4 Single leg arabesque hold



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