

Notes :
Hip pre pool set 2

1 Fire hydrant



Start on all fours with your back flat.
Keeping your knee bent, raise one leg out to the side at a height that allows you to keep your pelvis and shoulders parallel to the floor.
Return to the starting position and repeat.

2 Clamshell with band



Lie on your side with a band around your thighs, just above your knees.
Your hips should be flexed slightly and your head supported.
Keeping your feet touching, raise your upper knee as high as you can without shifting your hips or pelvis. Don't move your lower leg off the floor.

3 Bridge with knee extension



Start on your back with your knees bent and your feet on the floor.
Lift the hips off the floor by squeezing the glutes.
From this position, extend one leg, keeping the thigh parallel.
Lower the foot down on the floor and repeat with the other leg.
Repeat.
There should be no movement of the pelvis while lifting one leg.

4 Sidestep with band



Start in a squat position with a band around your ankles.
Keeping the band taut at all times, step to the side.
Push the knees out while taking the steps so they don't cave in.
Each step is about 50% of the starting position stance.

Notes :

Hip pre pool set 2



1 Fire hydrant

GEN280255



2 Clamshell with band

XNEU235



3 Bridge with knee extension

XGEN1681



4 Sidestep with band

GEN103542