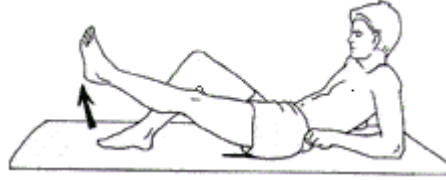


Hip Strengthening Program

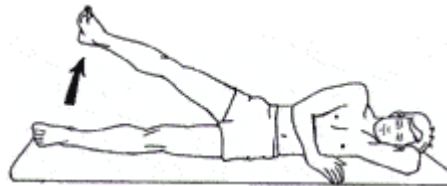


RESTING ON YOUR FOREARMS TIGHTEN UP THE FRONT OF THE THIGH AND LIFT THE LEG ALL AT ONCE ABOUT 10-12 INCHES OFF THE GROUND. NOTE DO NOT LET THE KNEE BEND.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 0

Sessions: 2 /day

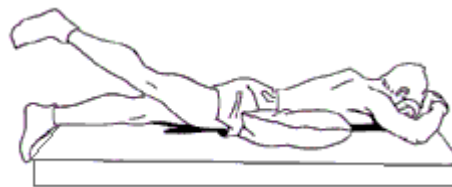


LYING ON YOUR SIDE TIGHTEN THE MUSCLES IN THE FRONT OF YOUR THIGH AND LIFT THE LEG 8-10 INCHES OFF THE GROUND.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 0

Sessions: 2 /day

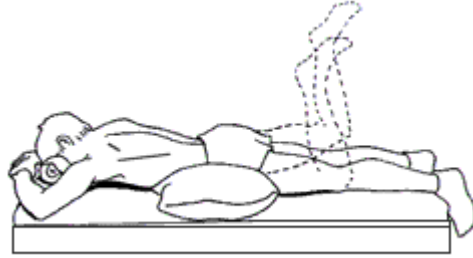


LYING ON YOUR STOMACH AND KEEPING YOUR LEG STRAIGHT RAISE YOUR THIGH 8-10 INCHES OFF THE FLOOR TAKING CARE NOT TO ARCH YOUR LOW BACK.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 0

Sessions: 2 /day



LYING ON YOUR STOMACH AND KEEPING YOUR LEG BENT RAISE YOUR THIGH 8-10 INCHES OFF THE FLOOR TAKING CARE NOT TO ARCH YOUR LOW BACK.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 0

Sessions: 2 /day



STANDING WITH THE FEET SHOULDER WIDTH APART SQUAT DOWN ABOUT 45° AND THEN RETURN TO THE STARTING POSITION.

Repeat: 10 times **Sets:** 3

Hold Time: 2 secs

Sessions: 2 /day