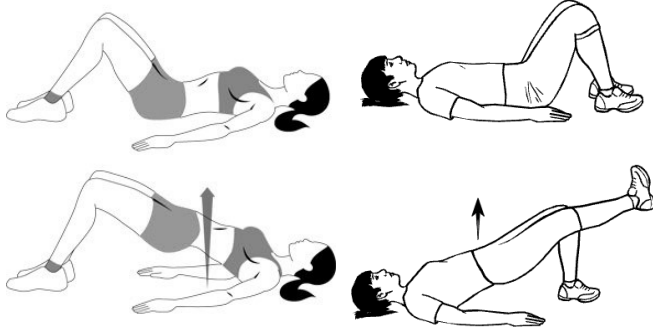
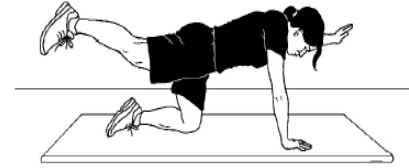


## Hip & Core Exercises

**1. Bridges** 2 sets of 10; hold for 10-20 sec



**2. Superman, arm & leg (opposites)**  
2 reps of 30-60 secs each side



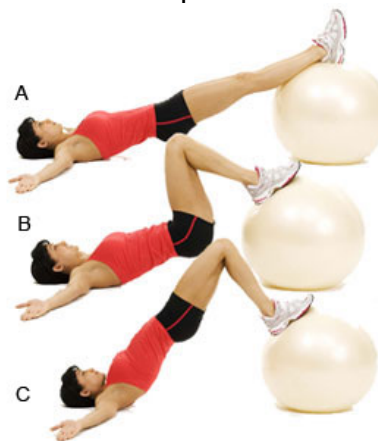
**3. Side-lying planks**

2 reps of 30-60 secs each side

OR

2 sets of 10 reps

**4. Swiss ball bridges (ADVANCED EXERCISE)**  
2 sets of 10 reps



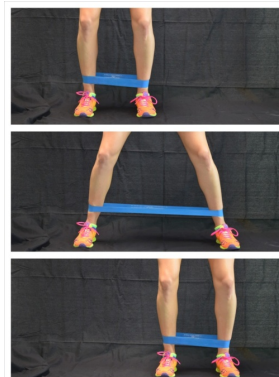
**5. Clam Shells** 2 sets of 10-20



**6. Crab walks, both directions** 10-20 steps in each direction

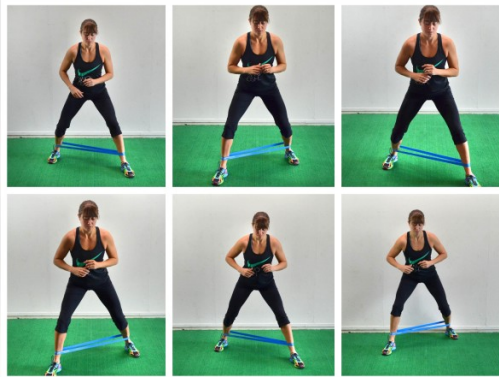


or



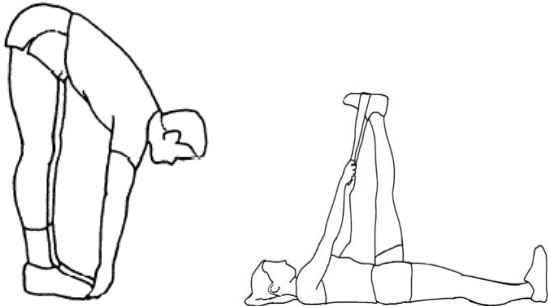
(Advanced)

**7. Monster walks, forward and backward 10-20 steps in each direction**



**Stretching**

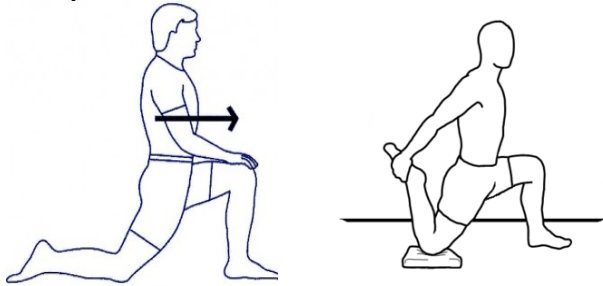
**1. Hamstrings**



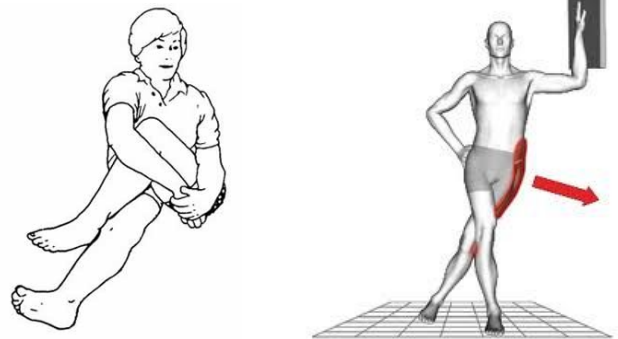
**2. Quads**



**3. Hip Flexors**



**4. IT Band**



**5. Achilles: Gastrocnemius/Calf**



**6. Achilles: Soleus**

