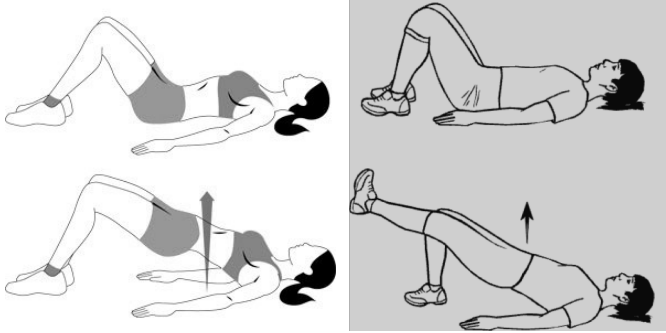


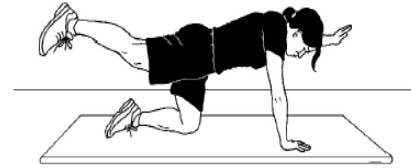
Hip & Core Exercises

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

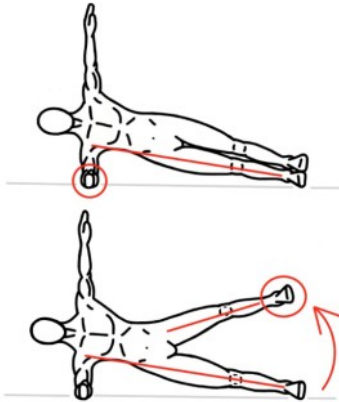


2. Superman, arm & leg (opposites)

2 reps of 30-60 secs each side



3. Side-lying planks



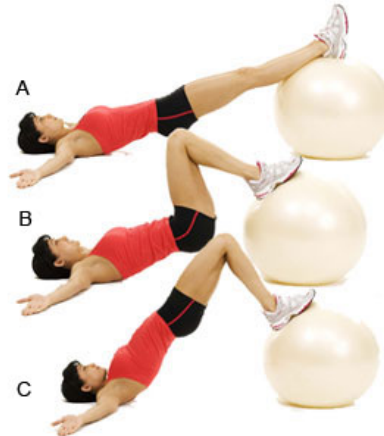
2 reps of 30-60 secs
each side

OR

2 sets of 10 reps

4. Swiss ball bridges (ADVANCED EXERCISE)

2 sets of 10 reps



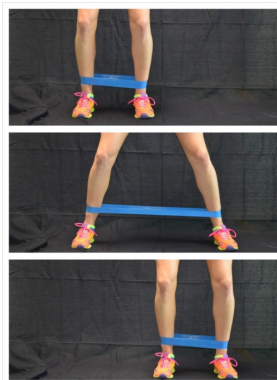
5. Clam Shells 2 sets of 10-20



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

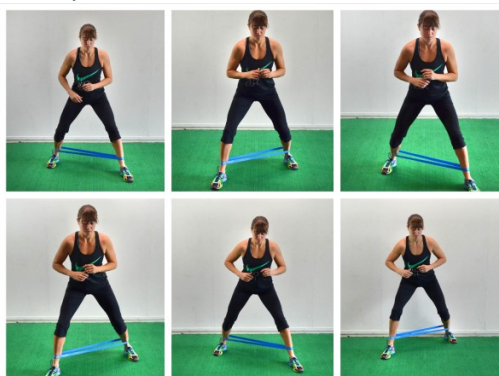


or



(Advanced)

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

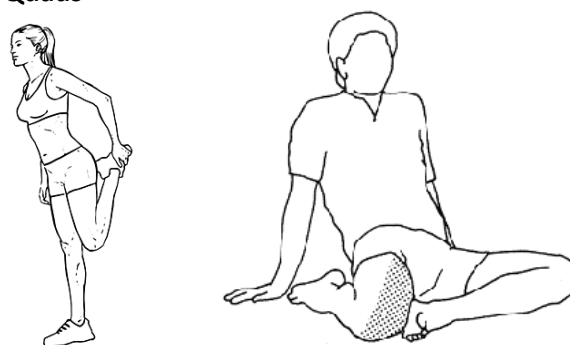


Stretching

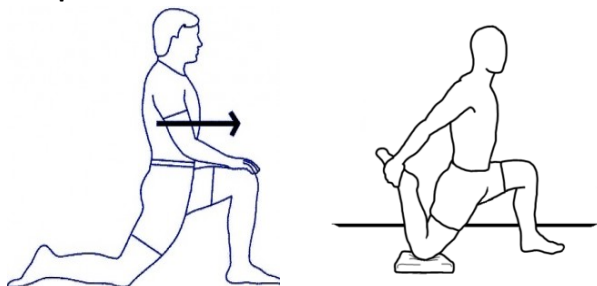
1. Hamstrings



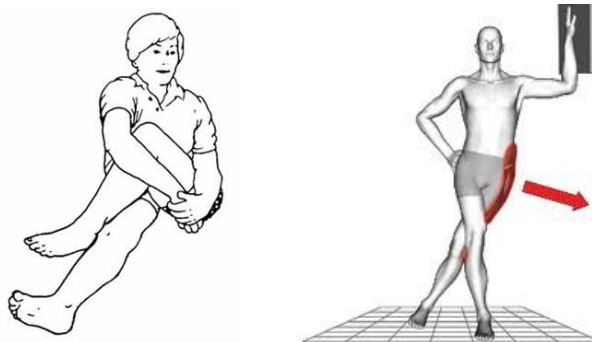
2. Quads



3. Hip Flexors



4. IT Band



5. Achilles: Gastrocnemius/Calf



6. Achilles: Soleus

