

Glute Activation & Hip Mobility



Glute Bridge, Hip Ups, Clam

Start: Lie on back, hands on shoulders, knees bent with feet together and flat on floor. Draw-In abs and rotate pelvis to flatten lower back on floor.

Finish: Lift hips, forming straight line from knee to shoulder, and hold.



Incline Toe Touch

Start: Stand with toes elevated, feet together, holding object between knees with arms extended overhead.

Finish: Bend forward at hips and touch fingers to floor, keeping knees straight.



Decline Toe Touch

Start: Stand with heels elevated, feet together, holding object between knees with arms extended overhead.

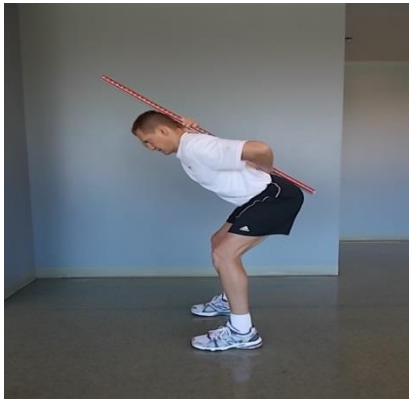
Finish: Bend forward at hips and touch fingers to floor, keeping knees straight.



Leg Scissors (Belt Assisted)

Start: Lying on back with the belt on one foot pulling leg straight, hold opposite leg parallel to first.

Finish: Slowly lower one leg to ground, be sure to keep both knees straight at all times, return to start position.



Hip Hinge (Parallel Stance)

Start: Hold stick tightly in contact with head, upper back, and buttocks while standing tall, place feet at hip width, toe straight ahead.

Finish: Bend forward at the hip as far as possible, allow knees to slightly bend, be sure to keep stick tightly against body for entire movement, return to start position.



Hip Hinge (Staggered Stance)

Start: Position feet at hip width, with heel in line with opposite toe facing straight ahead. Hold stick with opposite hand of forward leg at neck and keep stick in contact with head, upper back, and buttocks.

Finish: Bend forward at the hip as far as possible, allow knees to slightly bend, be sure to keep stick tightly against body for entire movement, return to start position.



Side Steps

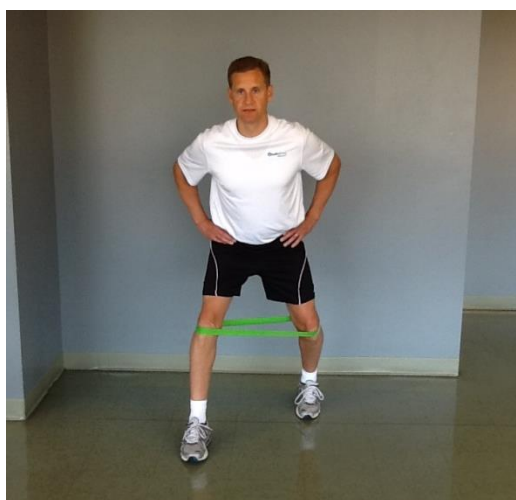
Start: Standing with feet shoulder width apart. Keep the buttocks back, and push the knees out against band. Keep hands on hips.

Finish: Take a side step keeping the buttocks back and the toes pointed forward

Diagonal Steps

Start: Place band above knees. Standing with feet shoulder width apart, bend slightly forward at hips, and push knees out against band. Place hands on hips.

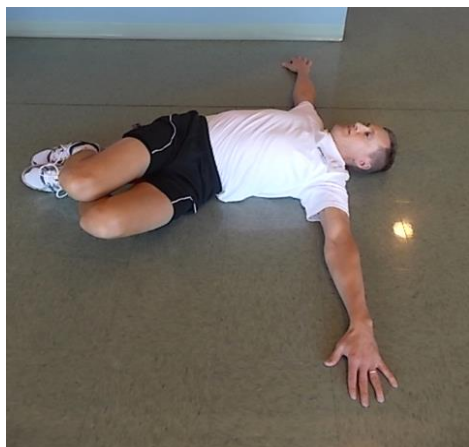
Finish: Take a step diagonally keeping knees pushed out against band. Bring feet back to shoulder width keeping tension on band. Maintain a slightly bend forward posture through movement.



Hip Rotations

Start: Lie on back with arms extended outward and palms down. Bend the knees while keeping feet flat on ground.

Finish: Slowly rotate hips to bring knees toward floor, then rotate to the opposite side, keeping shoulder firmly on the ground.





Clam

Start: Lie on side with head, shoulder, buttocks and heels against wall. Flex knees to 90 degrees.

Finish: Rotate top leg upward through a full range of motion keeping heels together.



Leg Slides

Start: Lie on back with arms extended outward and palms down. Position one leg straight up over hips with other opposite flexed to 90 degrees at the knee. Draw in abs and flatten lower back to ground.

Finish: While keeping the upward leg knee straight slowly lower it towards the floor. Keep lower back flat and pressing on floor throughout. Hold for 2 seconds and return to start position; repeat on opposite side.



Quadruped Hip Extension

Start: Begin with hands under shoulders and knees under hips. Keep back and neck straight. Draw in abs.

Finish: Keep leg straight and extend leg upward towards the ceiling. Keep hips and back in original position.