

Hips/ASLR



Week 1 - Hips/ASLR

Foam Rolling: Locate "tender points" and work those areas for 1- 2 minutes, massaging each muscle group for each extremity

- Hamstring
- Calf
- Quad

Modification for Soft Tissue work:

- Quad: place more pressure on non-involved knee and hands to off load thigh
- Hamstring: place roller on chair to remove body weight from shoulders or use "The Stick"
- Calf: Hips may remain on floor while bending knees and rolling calf along roller, placing opposite leg on top for added compression

Did you know.... Research has shown that foam rolling prior to

static stretching can yield noticeable improvements in flexibility in half the time as static stretching alone.

Home Exercise Program: Document your workouts for the week

Purchasing a Foam Roller: Bellin Pharmacy, Target, Walmart, Dick's Sporting Goods, Aldi's grocery store, Kohl's, Amazon.com, PerformBetter.com

Purchasing a Massage Stick: Dick's Sporting Goods, Target, Scheels' All Sports, Amazon,

PerformBetter.com



Hip Progre	ssion W	/eek	#1	D	ate:_			
Foam Rolling	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hamstring	1-2 minutes							
Calf	1-2 minutes							
Quad	1-2 minutes							
Alternatives for Soft Tissue Work			Quad, H	amstring, C	Calf (if need	ded)		
Cardio	It is our reco			m a cardio (imulating be				out 3-4
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Week 2 - Hips/ASLR

Foam Rolling: Locate "tender points" and work those areas for 1- 2 minutes, massaging each muscle group for each extremity

- Hamstrings
- Calf
- Quad

Alternatives for Soft Tissue work:

- Quad: place more pressure on non-involved knee and hands to off load thigh
- Hamstring: place roller on chair to remove body weight from shoulders or use "The Stick"
- Calf: Hip may remain on floor while bending knees and rolling calf along roller, placing opposite leg on top for added compression

Static Stretching: 30 sec/side

- Kneeling Hip Flexor
- Kneeling Quad
- 90/90 hamstring
- Straight Knee Calf & Bent Knee

Alternative stretches

- Foot Hooked on Table Hip Flexor/Quad (if unable to kneel)
- Seated Hamstring

Did you know.... It is important to have equal flexibility on

both sides of your body, so when stretching always perform more sets on the tighter side until both sides feel equal.



Hip Progre	ession W	/eek	#2	D	ate:_			
Foam Rolling	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hamstring	1-2 minutes							
Calf	1-2 minutes							
Quad	1-2 minutes							
Alternatives for Soft Tissue Work			Quad, H	amstring, C	alf (if need	led)		
Static Stretching								
Kneeling Hip Flexor & Quad	30 sec/side							
90/90 Hamstring	30 sec/side							
Straight Knee Calf & Bent Knee	30 sec/side							
Alternative Stretches								
Foot Hooked on Table Hip Flexor/Quad	30 sec/side							
Seated Hamstring	30 sec/side							
Cardio	It is our recommendation to perform a cardio (run, bike nutstep, swim, etc) workout 3-4 days/week accumulating between 20-30 minutes.							



Week 3 - Hips/ASLR

Foam Rolling: Locate "tender points" and work those areas for 1-2 minutes, massaging each muscle group for each extremity

- Hamstrings
- Calf
- Ouad

Alternatives for Soft Tissue work:

- Quad: place more pressure on non-involved knee and hands to off load thigh
- Hamstring: place roller on chair to remove body weight from shoulders or use "The Stick"
- Calf: Hip may remain on floor while bending knees and rolling calf along roller, placing opposite leg on top for added compression

Static Stretching: 30 sec/per side

- Kneeling Hip Flexor
- Kneeling Quad
- 90/90 hamstring
- Straight Knee Calf & Bent Knee

Alternative stretches

- Foot Hooked on Table Hip Flexor/Quad (if unable to kneel)
- Seated Hamstring

Glute Mobility & Activation:

- Incline Overhead Toe Touches 10 reps
- Decline Overhead Toe Touches 10 reps
- Glute Bridge: 2 x 30 seconds (band at knees)

Did you know.... Performing the 3 mobility exercises above

may be a quick alternative to static stretching when time is limited.



Hip Progre	ssion W	/eek	#3	D	ate:_			
Foam Rolling		As r	needed per	directions	on previou	us weeks.		
Foaiii Roilling								
Alternatives for Soft Tissue Work		As r	needed per	r directions	on previou	ıs weeks.		
Alternatives for Soft 1195ue Work								
Static Stretching	Knee	ling Hip Flexor	, 90/90 Hamstı	ring or Seated H	amstring, Stra	ight Knee Calf	& Bent Knee	
Alternative Stretches	Foot Hooked on Table Hip Flexor/Quad (if unable to kneel), Seated Hamstring							
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Incline Toe Touches	10 reps							
Decline Toe Touches	10 reps							
Glute Bridge	2 x 30 seconds							
Cardio	It is our reco			m a cardio <i>(i</i> imulating be			, etc) work	out 3-4



Week 4 - Hips/ASLR

Foam Rolling: Locate "tender points" and work those areas for 1-2 minutes, massaging each muscle group for each extremity

- Hamstrings
- Calf
- Quad

Alternatives for Soft Tissue work:

- Quad: place more pressure on non-involved knee and hands to off load thigh
- Hamstring: place roller on chair to remove body weight from shoulders or use "The Stick"
- Calf: Hip may remain on floor while bending knees and rolling calf along roller, placing opposite leg on top for added compression

Static Stretching: 30 sec/per side

- Kneeling Hip Flexor
- Kneeling Quad
- 90/90 hamstring
- Straight Knee Calf & Bent Knee

Alternative stretches

- Foot Hooked on Table Hip Flexor/Quad (if unable to kneel)
- Seated Hamstring

Glute Mobility & Activation:

- Incline Toe Touches: 10 reps
- Decline Toe Touches: 10 reps
- Glute Bridge: 2 x 30 seconds (band at knees)
- Leg Scissors (wall assisted or band assisted): 10 reps each
- Hip Hinges (parallel foot stance): 10 reps each

Did you know.... Performing simple core movements, like, pelvic tilts may reduce the occurrence of nonspecific low back discomfort.



Hip Progres	ssion W	leek	#4	D	ate:_			
Foam Rolling		Ası	needed per	directions	on previou	us weeks.		
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Alternatives for Soft Tissue Work		As ı	needed per	directions	on previou	ıs weeks.		
Automatives for Soft Hoode Work								
Static Stretching	Knee	ling Hip Flexo	r, 90/90 Hamstr	ring or Seated H	lamstring, Stra	ight Knee Calf	& Bent Knee	
Alternative Stretches		Foot Hooked	on Table Hip I	Flexor/Quad (if	unable to knee	l), Seated Ham	string	
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Incline Toe Touches	10 reps							
Decline Toe Touches	10 reps							
Glute Bridge	2 x 30 seconds							
Leg Scissors	10 reps							
Hip Hinges (parallel foot stance)	10 reps							
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Cardio	It is our reco			m a cardio <i>(i</i> imulating be			, etc) work	out 3-4



Week 5 - Hips/ASLR

Foam Rolling:

• As needed per directions on previous weeks.

Static Stretching: 30 sec/side

As needed per directions on previous weeks.

Dynamic Warmup

- Step and reach
- Quad pulls
- Knee hugs
- Hip (leg) cradle

Glute Mobility & Activation:

- Incline Toe Touches: 10 reps
- Decline Toe Touches: 10 reps
- Hip rotations: 10 reps
- Bridge x 30 sec., hip-ups 30 sec., bridge clam 30 sec. (w/ band if available)
- Leg slides: 10 reps each side
- Hip Hinges (staggered foot stance): 10 reps each side
- Side Steps ankle band at knees, (& ankles optional) x 10 steps

Did you know.... Exercising without properly activating the

glutes and scapular (shoulder blade) muscles may increase the risk of every day aches and pains.



Hip Progr	ession W	/eek	#5	D	ate:_			
Foam Rolling		As r	needed pei	r directions	on previo	us weeks.		
- Tourn Rolling								
Static Stretching	_	As r	needed per	r directions	on previou	us weeks.	1	
•								
Dynamic Warmup	_		Step & Reach	n, Quad Pulls, K	nee Hugs, Hip	Cradle		
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Incline Toe Touches	10 reps	Monday	Tuesday	Wednesday	Thursday	Tiluay	Jaturuay	Juliuay
Decline Toe Touches	10 reps							
Hip rotations	10 reps							
Bridge, hip-ups, & bridge clam	30 seconds							
Leg slides	10 reps							
Hip Hinges (staggered foot stance)	10 steps							
Side Steps	10 steps							
Cardio	It is our reco			m a cardio (a umulating be			, etc) work	out 3-4



Week 6 - Hips/ASLR

Foam Rolling:

• As needed per directions on previous weeks.

Static Stretching: 30 sec/side

As needed per directions on previous weeks.

Dynamic Warmup - 10 reps each

- Step and reach
- Quad pulls
- Knee hugs
- Hip (leg) cradle

Glute Mobility & Activation:

- Hip Rotations: 10 reps each side
- Leg Scissors (Band assisted): 10 reps each
- Clams: 30 seconds (band at knees)
- Leg slides: 10 reps each side (one foot on ground)
- Hip Hinges (staggered foot stance): 5 reps each hand position
- Diagonal steps (band at knees): 10 steps

Did you know.... Performing a dynamic warmup can be a good

alternative to foam rolling and static stretching when time and space are limited, like at your workstation throughout the day.



Hip Progr	ession V	Veek	#6	D	ate:_			
Foam Rolling		As r	needed per	r directions	on previou	us weeks.		
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Static Stretching	_	As r	needed per	r directions	on previou	us weeks.	1	
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Dynamic Warmup	_		Step & Reach	h, Quad Pulls, K	nee Hugs, Hip	Cradle		
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hip Rotations	10 reps							
Leg Scissors	10 reps							
Clams	30 seconds							
Leg slides	10 reps							
Hip Hinges (staggered foot stance)	5 reps							
Diagonal steps	10 steps							
Cardio	It is our reco			m a cardio (a umulating be			ı, etc) work	out 3-4



Week 7 - Hips/ASLR

Foam Rolling:

As needed per directions on previous weeks.

Static Stretching: 30 sec/side

As needed per directions on previous weeks.

Dynamic Warmup - 10 reps each

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle
- Frankenstein walk
- Hurdle step over (cw/ccw)

Glute Mobility & Activation:

- Hip rotations: 10 reps each side
- Incline Toe Touches: 10 reps each
- Decline Toe Touches: 10 reps each
- Bridge, hip-ups, &bridge clam 45 sec. each (band at knees)
- Quadruped hip extension: 30 sec. each
- Hip Hinges (parallel foot stance): 10 reps each side
- Side Steps (band at knees): 15 steps

Strength: 2 x 10 reps

- Squat split foot stance position
- Chest Presses RBT Band
- Seated Rows RBT Band
- External Shoulder Rotations

Did you know... Strength training performed with mobility will enhance your body's ability to remember better movement patterns.



Static Stretching Dynamic Warmup			,		As needed per directions on previous weeks.									
Dynamic Warmup		As r												
Dynamic Warmup			needed pe	r directions	on previou	ıs weeks.								
	_		Step &	Reach, Quad Po	ılls, Knee Hugs	3								
Glute Mobility & Activation		Hij	o Cradle, Fran	kenstein walk, H	lurdle step ove	r (cw/ccw)								
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	ay Friday Saturday								
Hip Rotations	10 reps													
Incline Toe Touches	10 reps													
Decline Toe Touches	10 reps							ı						
Bridge, Hip-Ups, & Bridge Clam	45 seconds							i						
Leg slides	10 reps													
Quadruped Hip Extension	30 seconds													
Hip Hinges (parallel foot stance)	5 reps													
Side Steps	10 reps													
Strength														
Squat split stance foot position	2 x 10 reps													
Chest Presses RBT Band	2 x 10 reps													
Seat Rows RBT Band	2 x 10 reps													
External Shoulder Rotations	2 x 10 reps													
Cardio	It is our reco	It is our recommendation to perform a cardio (run, bike nutstep, swim, etc) workout 3-4 days/week accumulating between 20-30 minutes.												



Week 8 - Hips/ASLR

Foam Rolling:

As needed per directions on previous weeks.

Static Stretching: 30 sec/side

As needed per directions on previous weeks.

Dynamic Warmup - 10 reps/side

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle
- Frankenstein walk
- Hurdle step over (cw/ccw)

Glute Mobility & Activation:

- Hip rotations: 10 reps each side
- Leg Scissors (band assisted): 10 reps each
- Clam: 45 sec. each (band at knees)
- Leg slides: 10 reps each side (two feet off ground)
- Quadruped hydrant: 30 sec. each
- Hip Hinges (staggered foot stance): 5 reps each side
- Diagonal Steps (band at knees): 15 steps

Strength: 2 x 10 reps

- RDL RBT Band
- Upright Row RBT Band
- Lateral Lunge Stationary
- Lateral Pull Hold RBT Band: 2 x 30 seconds

Did you know.... Instability of the core may increase your

chances of having a shoulder dysfunction.



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Foam Rolling		AST	reeded per	airections	on previou	is weeks.		
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Static Stretching								
Dynamic Warmup			Step &	Reach, Quad Po	ulls, Knee Hugs	s		
-		Hij	o Cradle, Frank	kenstein walk, H	lurdle step ove	r (cw/ccw)		
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hip Rotations	10 reps							
Leg scissors	10 reps							
Clam	45 seconds							
Leg slides	10 reps							
Quadruped Hydrant	30 seconds							
Hip Hinges (staggered foot stance)	5 reps							
Diagonal Steps	15 steps							
Strength								
RDL RBT Band	2 x 10 reps							
Upright Row RBT Band	2 x 10 reps							
Lateral Lunge Stationary	2 x 10 reps							
Lateral Pull Down	2 x 30 seconds							
Cardio	It is our recommendation to perform a cardio (run, bike nutstep, swim, etc) workout 3-4 days/week accumulating between 20-30 minutes.							out 3-4



Week 9 - Hips/ASLR

Foam Rolling:

As needed per directions on previous weeks.

Static Stretching: 30 sec/side

• As needed per directions on previous weeks.

Dynamic Warmup - 10 reps each

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle
- Frankenstein walk
- Hurdle step over (cw/ccw)

Glute Mobility & Activation:

- Incline Toe Touches: 10 reps
- Decline Toe Touches: 10 reps
- Hip rotations: 10 reps each side
- Bridge, hip-ups, &bridge clam 60 sec. each (bands at knees)
- Quadruped hip extension: 2 x 30 sec. each
- Hip Hinges (parallel foot stance): 10 reps each side
- Side Steps (band at knees): 15 steps

Strength: 2 x 12 reps

- Squat split foot stance RBT band
- Chest Presses RBT Band
- Seated Rows RBT Band
- External Shoulder Rotations

Did you know... Corrective exercise when made a part of your everyday life can be some of the best preventative medicine.



Hip Prog	ression	weel	K #9	Dat	.e		_	
Foam Rolling		As r	needed pe	r directions	on previou	ıs weeks.		
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Static Stretching		As r	needed pe	r directions	on previou	ıs weeks.		
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Dynamic Warmup			Step &	Reach, Quad Po	ılls, Knee Hugs	S		
Dynamio Wamap		Hij	Cradle, Fran	kenstein walk, F	lurdle step ove	r (cw/ccw)		
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Incline Toe Touches	10 reps							
Decline Toe Touches	10 reps							
Hip Rotations	10 reps							
Bridge, hip-ups, & bridge clam	60 seconds							
Leg slides	10 reps							
Quadruped hip extension	2 x 30 seconds							
Hip Hinges (parallel foot stance)	10 reps							
Side Steps	15 steps							
Strength								
Squat split foot stance RBT band	2 x 12 reps							
Chest Presses RBT band	2 x 12 reps							
Seated Rows RBT band	2 x 12 reps							
External Shoulder Rotations	2 x 12 reps							
Cardio	It is our reco			m a cardio (a umulating be			ı, etc) work	out 3-4



Week 10 - Hips/ASLR

Foam Rolling:

• As needed per directions on previous weeks.

Static Stretching: 30 sec/side

• As needed per directions on previous weeks.

Dynamic Warmup - 10 reps each

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle
- Frankenstein walk
- Hurdle step over (cw/ccw)

Glute Mobility & Activation:

- Hip rotations: 10 reps each side
- Leg Scissors (band assisted): 10 reps each
- Clam: 60 sec. each (band at knees)
- Leg Slides: 10 reps each side (two feet off ground)
- Quadruped hydrant: 2 x 30 sec. each
- Hip Hinges (staggered foot stance): 5 reps each side
- Diagonal Steps (band at knees): 15 steps

Strength: 2 x 10 reps

- RDL RBT Band
- Upright Row RBT Band
- Lateral Lunge stationary
- Lateral Pull Hold: 2 x 30 seconds

Did you know.... The glutes are the primary muscles

responsible for maintaining the stability of the knee during movement.



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Foam Rolling		ASI	recueu per	directions	on previou	is weeks.		
Static Stretching		As r	needed per	directions	on previou	ıs weeks.		
otatic officioning								
Dynamic Warmup			Step &	Reach, Quad Po	ulls, Knee Hugs	S		
-		Hij	o Cradle, Frank	renstein walk, F	lurdle step ove	r (cw/ccw)		
Glute Mobility & Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hip Rotations	10 reps							
Leg scissors	10 reps							
Clam	10 reps							
Leg slides	10 reps							
Quadruped hydrant	2 x 30 seconds							
Hip Hinges (staggered)	5 reps							
Diagonal steps	15 steps							
Strength								
RDL RBT Band	2 x 12 reps							
Upright Row RBT Band	2 x 12 reps							
Lateral Lunge stationary	2 x 12 reps							
Lateral Pull Hold	2 x 30 seconds							
Cardio	It is our recommendation to perform a cardio (run, bike nutstep, swim, etc) workout 3-4 days/week accumulating between 20-30 minutes.							out 3-4