




Hip Program: Foundational (Hip 1)

<p>Mobility</p> <p>Purpose: range of motion with added thigh and ab moves for greater mobility surrounding hip</p> <p>Key Points: maintain good posture and bend from the hips</p>	 <p>Cross leg rotation left and right, foot to ground</p>	 <p>Wide leg reaches forward and to each foot</p>	 <p>Ground scorpion alternating left and right</p>
<p>Strength</p> <p>Purpose: strong hips in end range of motion to counteract tight hips and abs from prolonged sitting or bent over positions</p> <p>Key Points: hip hinge helps powerful moves</p> <p>3 sets x 10 reps</p>	 <p>Backside half ball, backward lean, rotate left and right with weight</p>	 <p>Lunge, hands overhead side bent then rotation over forward knee</p>	 <p>Diving board position with board grab, lift hips to straight legs</p>
<p>Endurance</p> <p>Purpose: hip stability with straight knees to simulate faster run/walk needing better hip flexibility and extension</p> <p>Key Points: modify to knee drop if needed</p> <p>4 reps x 15 second holds</p>	 <p>Push up position, 1 leg raise and hold</p>	 <p>1 foot on board, stand tall, weight shift, lateral lunge over foot</p>	 <p>Reverse push-up feet on board, twist board and hold</p>
<p>Recovery</p> <p>Purpose: release tight hip muscles that can cause front hip, sciatica, IT Band and low back pain</p> <p>Key Points: roll from glute to side of hip in smooth motion</p>	 <p>Glutes (Piriformis)</p>	 <p>Hip Flexors</p>	 <p>IT Band/TFL</p>

Hip Program: Advanced (Hip 2)

<p>Mobility</p> <p>Purpose: hip control and feedback from ground requiring more core activation</p> <p>Key Points: push hands into ground for added rotation</p>	 <p>Alternating knee drops left and right sitting tall</p>	 <p>High scorpion, lift and rotate foot behind body</p>	 <p>Wide straight legs reaching left and right</p>
<p>Strength</p> <p>Purpose: focused hip strength and balance to counteract effects of fatigue and injuries like ACL or ankle sprains</p> <p>Key Points: slowly lower for eccentric strength</p> <p>3 sets x 10 reps</p>	 <p>4 way hip motion, reach front, left, back and right with foot</p>	 <p>4 way quarter squat with heel touches to ground</p>	 <p>Push up position, rotate leg under body to opposite elbow</p>
<p>Endurance</p> <p>Purpose: increased glute and ab holds for better pelvic stabilization during prolonged bending or physical work requiring carrying heavy loads</p> <p>Key Points: keep back level and control rotation</p> <p>4 reps x 15 second holds</p>	 <p>Push up position, hold knee to outside of elbow, same side</p>	 <p>Kneel on board, lift hip and bend knee, hold foot high in air</p>	 <p>Drive heel into ground, hold knee toward chest bicycle kick</p>
<p>Recovery</p> <p>Purpose: release tight hip muscles that can cause front hip, sciatica, IT Band and low back pain</p> <p>Key Points: roll from glute to side of hip in smooth motion</p>	 <p>Glutes (Piriformis)</p>	 <p>Hip Flexors</p>	 <p>IT Band/TFL</p>