

Clamshell with Resistance

REPS: 10

SETS: 3-4

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin by lying on your side with your knees bent 90 degrees, hips and shoulders stacked, and a resistance loop secured around your legs.

Movement

Raise your top knee away from the bottom one, then slowly return to the starting position.

Tip

Make sure not to roll your hips forward or backward during the exercise.

Sidelying Reverse Clamshell

REPS: 10

SETS: 3-4

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin lying on your side with your knees bent.

Movement

Rotate your top foot upward, then lower it back to the starting position and repeat.

Tip

Make sure to keep your knees together as you move your foot.

Supine Bridge

REPS: 10

SETS: 3-4

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Supine Active Straight Leg Raise

REPS: 10

SETS: 4-5

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin lying on your back with one knee bent and your other leg straight.

Movement

Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

Tip

Make sure to keep your leg straight and do not let your back arch during the exercise.

Side Stepping with Resistance at Ankles

REPS: 30

SETS: 1

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin standing upright with a resistance band looped around your ankles. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.