

## Clamshell

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



### Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

### Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

### Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

## Supine Bridge

REPS: 10

SETS: 3

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.

## Straight Leg Raise

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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### Setup

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

### Movement

Keeping your leg straight, raise your leg up until your thigh is at the same height of your bent knee. Slowly return to the starting position and repeat.

### Tip

Make sure to not let your leg or pelvis rotate to either side and do not arch your back.

## Sidelying Hip Adduction

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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### Setup

Begin by lying on your side with one knee bent and your foot resting in front of your other leg.

### Movement

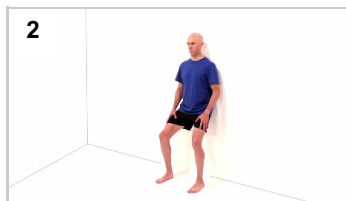
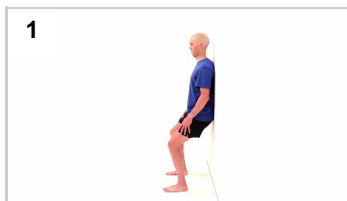
Slowly lift your straight leg towards the ceiling, then lower it back to the starting position.

### Tip

Do not let your hips roll backward or forward during the exercise.

## Wall Quarter Squat

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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### Setup

Begin standing upright in front of a wall.

### Movement

Lean back into a squat against the wall with your knees bent to 45 degrees, and hold this position.

### Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.