

Phase 3

GOOD FOR:

- Strengthening the hips, glutes, and legs
- Preventing hip pain and injury

GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps unless otherwise noted
- Push sets to fatigue
- Add load or reps to increase difficulty
- Tools: bench, resistance loop, dumbbell, plyo box

kickback

Get into the quadruped position with your shoulders aligned over your wrists and hips over your knees. Keeping your knee bent to roughly 90 degrees, raise your foot toward the ceiling. Squeeze your glutes in the top position. Try to keep your back flat (core tight), get your thigh parallel to the floor, and reach full hip extension. Reduce the range of motion if you arch your back excessively. Place a resistance loop above your knees to make the exercise more challenging.



Phase 3

single-leg hip extension (choose
one)

single-leg hip extension (single-leg bridge)

Get into the bridge start position and elevate one leg (you can either straighten it or keep it bent at about 90 degrees). Push into the floor and extend your hips. Focus on squeezing your glutes as you reach full hip extension, holding the contraction for 1–2 seconds. Add a resistance loop above your knees or do the single-leg hip thrust to make the exercise more challenging.



single-leg hip extension (single-leg hip thrust)

Position your mid-back on the edge of a bench and lift one leg (you can either straighten it or keep it bent at about 90 degrees). Push into the floor and extend your hips. Focus on squeezing your glutes as you reach full hip extension, holding the contraction for 1–2 seconds.



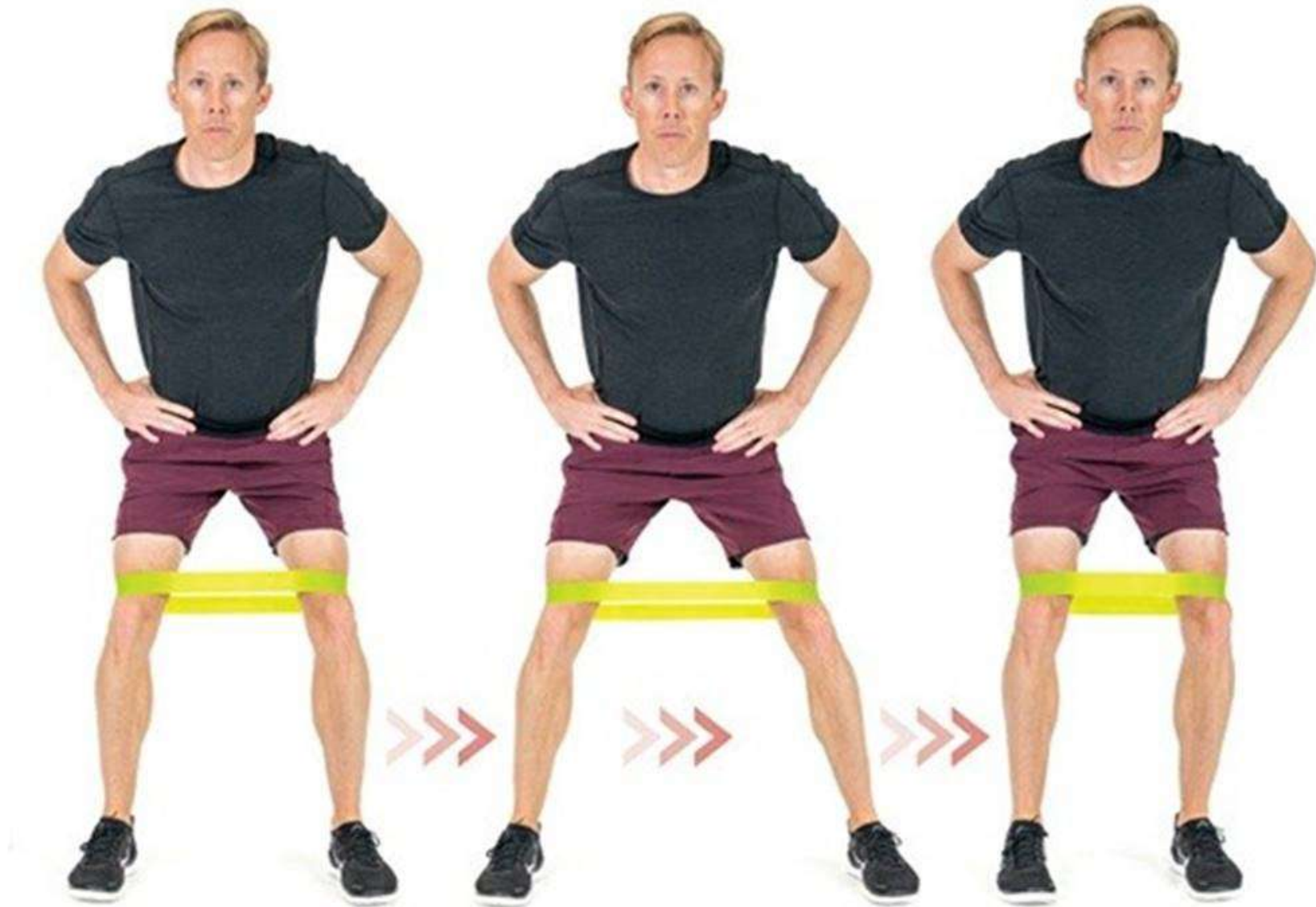
Phase 3

lateral squat walk (choose one)

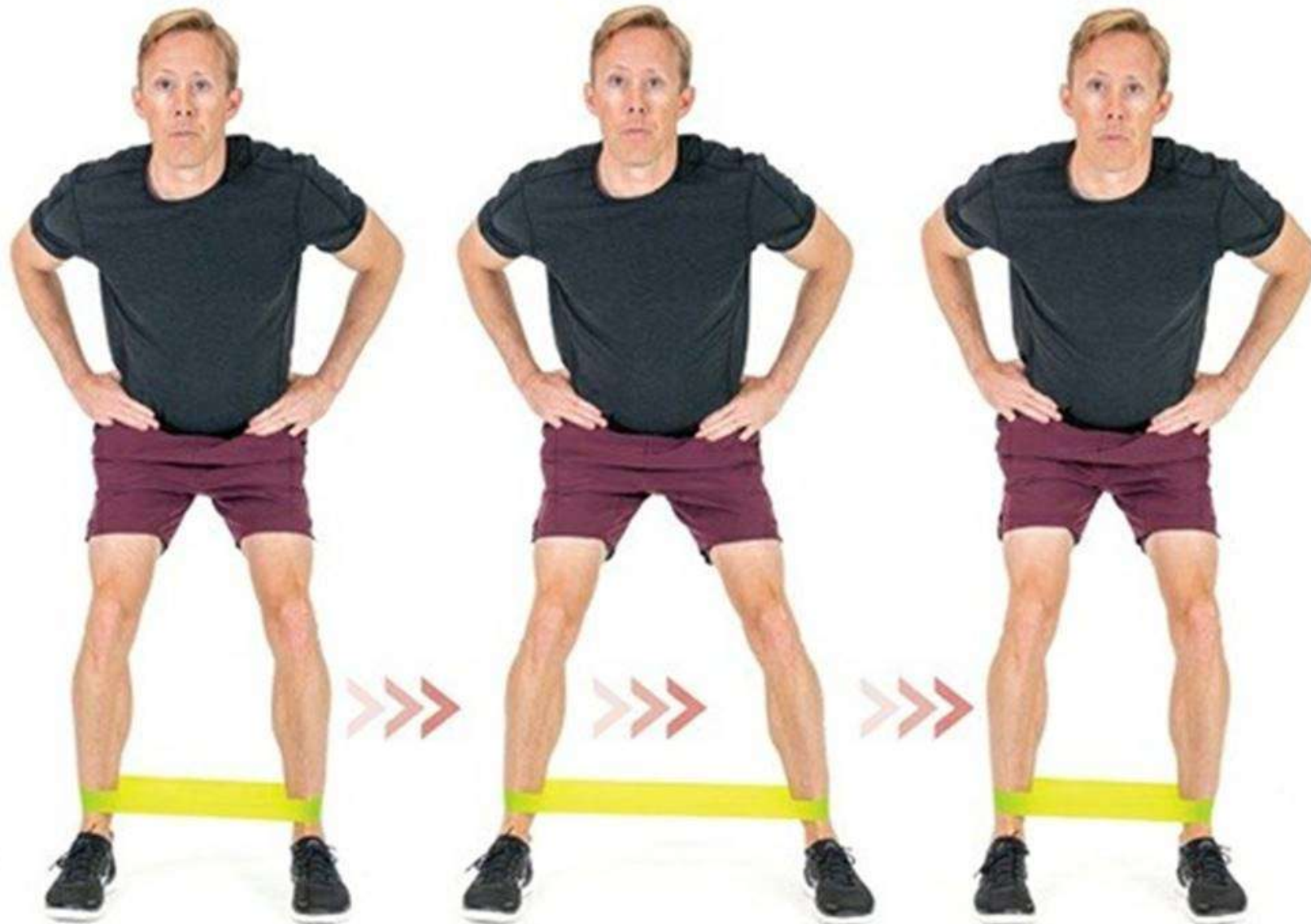
lateral squat walk (choose one)

Wrap a resistance loop above your knees (harder) or ankles (easier). Position your feet shoulder width apart and bend your hips and knees slightly. Take a wide lateral step so there is a full stretch in the band. You can either walk along a line and then switch after a given number of steps or stay in one area by switching back and forth between legs. Choose a distance or rep range that is challenging (usually 15–20 steps in each direction. Don't pause between steps, and keep tension in the band during the entire movement).

lateral squat walk (band above knees)



lateral squat walk (band above ankles)



sumo squat

Holding one end of a dumbbell in front of your body, position your feet outside shoulder width and turn your toes out to about 45 degrees. Keeping your torso upright and arms relaxed, sit your hips back and down, lowering the dumbbell to the floor. Push through your heels and extend your hips and knees simultaneously into the top position.



bulgarian split squat

Stand about 2 feet in front of a bench. Reach back with one leg and place the ball of your foot on the bench. Keeping the majority of your weight over your front leg, lower your body slowly (sinking your hips down and back at an angle) until your front thigh is roughly parallel to the floor. Keep your back leg mostly relaxed during the exercise; don't push off the bench.



step-up

Step onto a plyo box with your knee aligned over your foot. Without pushing off the floor, shift your weight onto your elevated leg, drive through your heel or mid-foot, and raise your torso and hips in one fluid motion. Progress this exercise by increasing the height of the box or holding a dumbbell.

