

## Prone Hip Extension



1. Lie on your stomach on the floor with your legs straight. You can lie on a mat or towel. Rest your head on your arms.
2. Raise your right leg a few inches off the floor. Keep the right knee straight. Hold for 5 seconds.
3. Slowly lower your leg back down.
4. Repeat 5 times, or as instructed.
5. Switch legs and repeat, if instructed.



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