

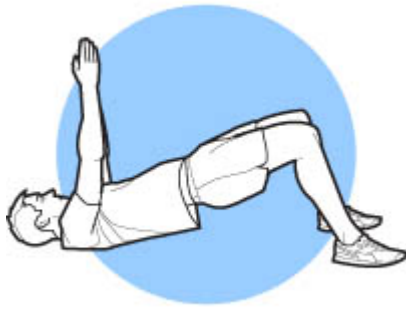
Hip flexor stretches and bodyweight glute activation exercises to warmup:

- Hip Hikes: Standing on one foot, drop the right side of your pelvis a few inches downwards while keeping the left side in a neutral position. Activate your left hip muscles and lift your right side back to the starting position.
- Forward lunge stretch, pressing hips forward
- Leg swings, slowly
- Practice walking over our hip. Progress into a jog. This takes practice, and will feel different. Running should feel “normal” with more spring and power

If you have resistance bands, choose the exercises that are bolded for each set

2 sets of 15 with 5 second hold at the top of two of the following:

- Bird dog (opposite hand opposite leg extended)
- **Monster Walk**
 - Put the band over both feet and around your ankles
 - Spread your feet slightly wider than hip width so the Mini Band gets tension in it. Bend your knees slightly, keeping your hips back, and keep your head and chest up.
 - Take large steps forward for 10-20 meters. Focus on keeping knees away from each other and maintaining posture.
- **Lateral Walk**
 - Put band over both feet and around your ankles, so it is lying flat against the legs. Spread your feet to about shoulder width apart so the Mini Band gets a little tension in it. Bend your knees slightly, keeping your hips back, and keep your head and chest up.
 - Take a large step out to the left with your left leg, keeping your feet in line with your shoulders, your hips level and your weight evenly distributed. This large step will cause a good amount of tension in the band. Follow that large step by a smaller step to the left with your opposite foot. Continue doing these steps for 10-20 meters.
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- **Bridge**
 - Start by putting a band around both feet and pull the band up just above your knees. Spread your legs apart slightly so there is tension in the band. Keep tension through entire exercise
- Wall press



Bridge



Wall press

Bridge: Lift your hips up to make a straight bridge from shoulders to knees. Rock your hip angle and change your back arch so that you don't feel the effort in your back or your hamstrings but in the center of your butt.

Wall press: Stand on one leg with the other held so the calf is parallel to the ground. Drive the lifted foot backward into an imaginary wall, without allowing your pelvis to rotate forward or your spine to tip.

2 sets of 15 with 5 second hold at the top of two of the following:

- **Clamshell** (Lie on your side with your hips and knees bent 45 degrees, legs stacked. Keeping your feet in contact with each other, raise your upper knee as high as you can without moving your pelvis. Don't allow your lower leg to move off the floor. Pause, then return to the starting position.)
 - around both feet and pull it up so it is positioned above both knees.
- **Lying abduction** (Lie on your side with your legs stacked on top of one another. Lift your top leg to about 45 degrees and then lower it back down.)
 - Place band over both feet and up around the ankles
- Fire hydrant
- Donkey Kicks: Get on all fours again, but this time you will only be lifting and extending your legs, keeping your hands on the ground. Instead of extending the leg backwards like you did during Bird Dogs, keep the knee slightly bent and kick upwards, with the bottom of your shoe facing the sky.