

Supine Bridge with Gluteal Set and Spinal Articulation

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with your knees bent and heels on the floor.

Movement

Tighten your buttock muscles, then slowly lift your hips off the ground into a bridge position, concentrating on lifting one vertebra off the ground at a time. Then reverse the movement to lower yourself back down, one vertebra at a time.

Tip

Make sure to keep your movements slow and controlled. Keep your abdominals tight as you move into the bridge.

Figure 4 Bridge

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with your knees bent and feet flat on the floor. Cross one ankle over your other knee.

Movement

Lift your hips off the floor into a bridge position and hold, then lower yourself back down and repeat.

Tip

Make sure to keep your abdominals tight and your arms flat on the floor during the exercise. Do not let your hips rotate to either side.

Straight Leg Raise

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

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

Movement

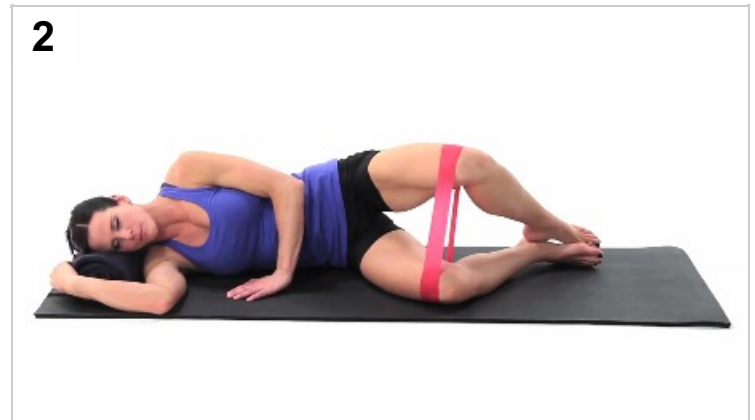
Keeping your leg straight, raise your leg up until your thigh is at the same height of your bent knee. Slowly return to the starting position and repeat.

Tip

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

Clamshell with Resistance

REPS: 10	SETS: 3	HOLD (SEC): 5	DAILY: 3
WEEKLY: 5			



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

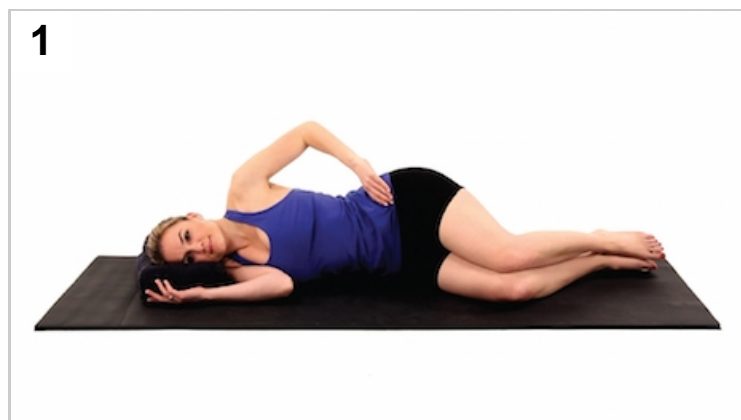
Raise your top knee away from the bottom one, then slowly return to the starting position.

Tip

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

Sidelying Reverse Clamshell

REPS: 10	SETS: 3	HOLD (SEC): 5	DAILY: 3
WEEKLY: 5			



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.

Prone Hip Extension with Resistance Loop

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin by lying on your front with both legs straight and a resistance band looped around your ankles.

Movement

Slowly lift one leg upward as far as you can, then lower it back to the starting position.

Tip

Make sure to keep your knee straight and do not arch your low back during the exercise.

Prone Hip Extension (Knee Bent)

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



PRONE HIP EXTENSION - BENT

While lying face down with your knee bent, slowly raise up your knee off the ground.