

## 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

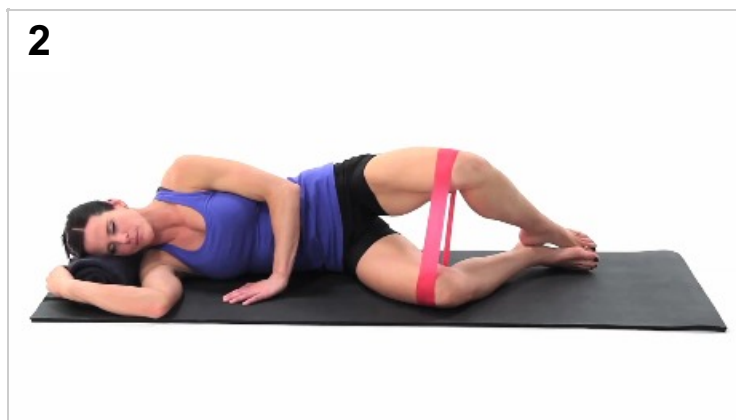
Keeping your leg straight, raise your leg up until your thigh is at the same height of your bent knee. Slowly return to the starting position and repeat.

## Tip

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

# Clamshell with Resistance

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>HOLD (SEC): 5</b>	<b>DAILY: 3</b>
<b>WEEKLY: 5</b>			



## 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

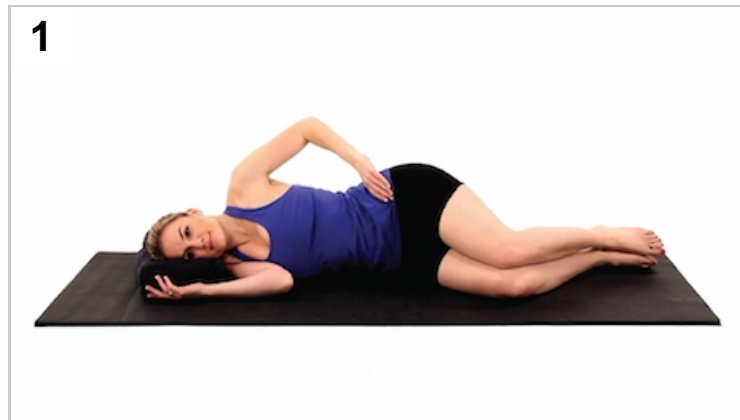
Raise your top knee away from the bottom one, then slowly return to the starting position.

## Tip

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

# Sidelying Reverse Clamshell

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>HOLD (SEC): 5</b>	<b>DAILY: 3</b>
<b>WEEKLY: 5</b>			



## 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.

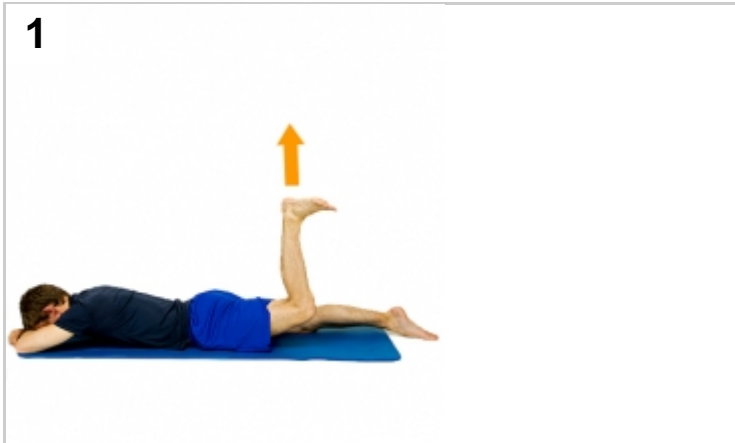
# Prone Hip Extension (Knee Bent)

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.